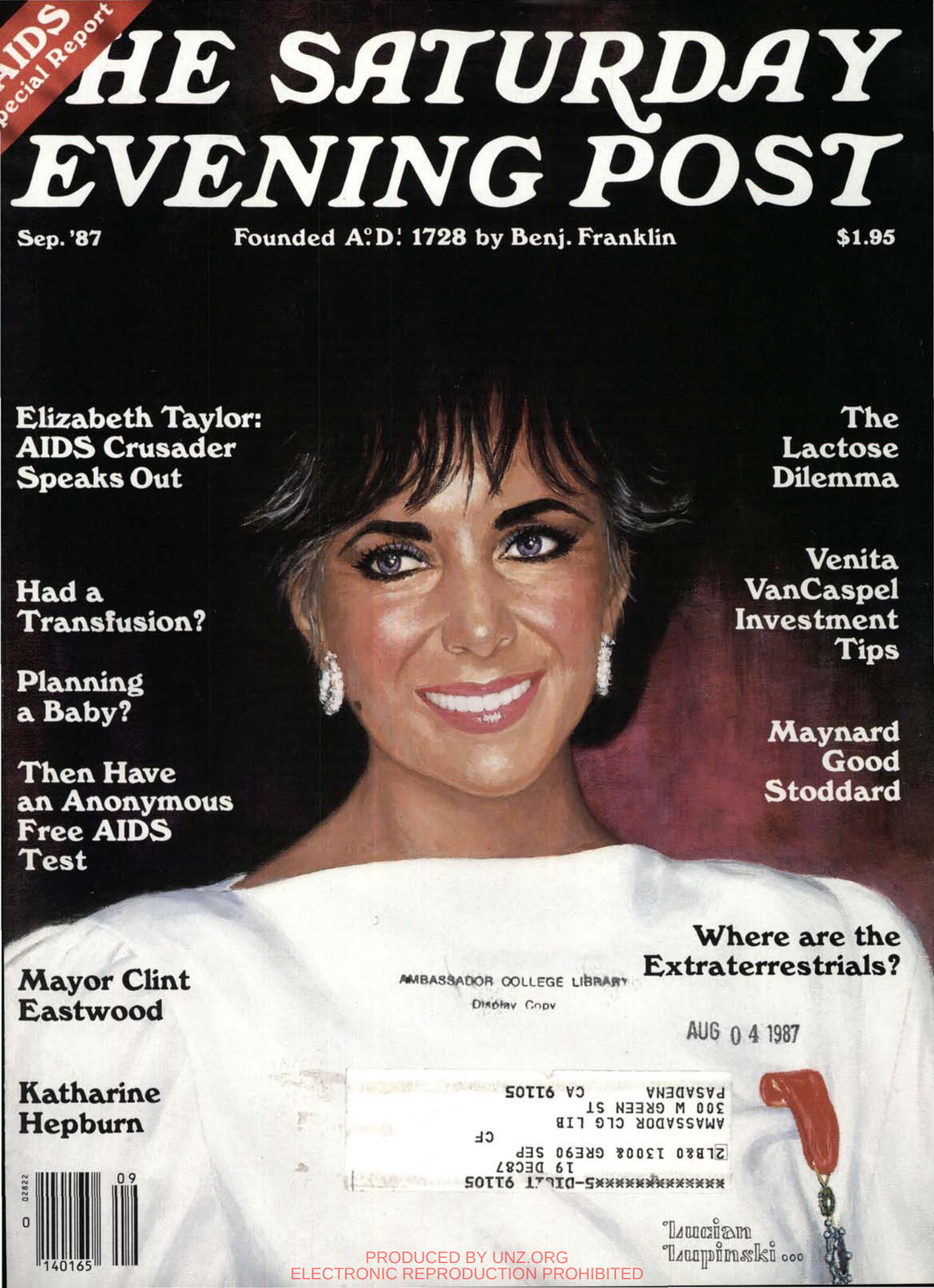
AIDS Special Report

THE SATURDAY EVENING POST

Sep. '87 Founded A.D. 1728 by Benj. Franklin $1.95



Elizabeth Taylor: AIDS Crusader Speaks Out

The Lactose Dilemma

Had a Transfusion?

Venita VanCaspel Investment Tips

Planning a Baby?

Maynard Good Stoddard

Then Have an Anonymous Free AIDS Test

Where are the Extraterrestrials?

Mayor Clint Eastwood

Katharine Hepburn

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Lucian Lupinski

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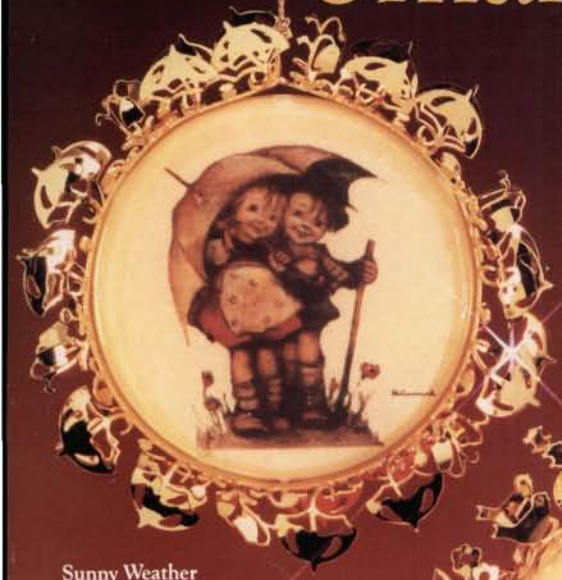
Announcing the first...

Hummel Gold Christmas Ornament Collection



Sunny Weather

Chick Girl

The Runaway

Apple Tree Boy

Telling Her Secret

- 24kt gold finish frames.
- Hummel paintings in full color.
- Each ornament hallmarked, dated and registered.
- Hummel art on both sides.

Ornaments shown actual size.

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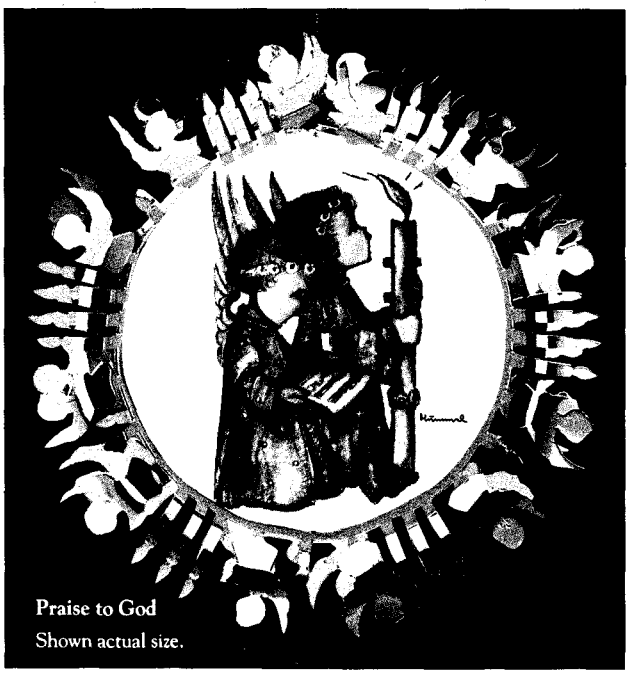
The world's first collection of Hummel Christmas Ornaments, available exclusively from The Christmas Ornament Collectors Club.

Authentic Hummel

Behold the magic of Sister M.I. Hummel–appearing for the first time *anywhere in the world* in a collection of heirloom Christmas ornaments. Now, you can own a glorious, gleaming array of Hummel ornaments–a heart-warming way to trim your tree and make the holidays come alive with color and cheer! They are available exclusively from The Christmas Ornament Collectors Club – they will not be sold in stores. This limited availability makes the ornaments even more important and highly desirable!



Praise to God
Shown actual size.

The beloved art of Sister Hummel so perfect for the holiday season!

The purpose of Sister Hummel's art is simple and sincere; to cheer the hearts of millions! Her children are famous around the world – universally cherished for their rosy cheeks, angelic smiles, and colorful Old World costumes. There couldn't be a better way to heighten the happiness of the holidays.

The most popular Hummel paintings of all time!

The very convent in Bavaria where Sister Hummel created her beloved art participated in the development of this collection. The paintings are Hummel's most popular, most charming and enduring works. Now they can be displayed on your tree!

Each painting will be lithographed in full color and laminated for protection and beauty. The Hummel painting will appear on both sides of the ornament, so you can see the artwork from any direction.

Unique filigreed frames finished in 24kt gold

Each ornament will be unique – no two are alike. Each frame will be individually filigreed to match the theme of the painting and enhance its beauty. Notice the delicate angels and candles on the frame of the *Praise to God* ornament and the fanciful baby chickens featured on the frame of the *Chick Girl* ornament.

Each individual frame will be finished with a full 2.5 micro-inches of gleaming 24kt gold. And each ornament will come with a graceful golden cord for trimming your tree.

Reserve today at a favorable price

As a subscriber to this exclusive collection, you will receive an ornament each month. Your original issue price of just $16.50 per ornament is guaranteed for all thirty-six ornaments in the collection, and you will be billed with each shipment or, you may charge each ornament, as shipped, to VISA or MasterCard.

Each ornament will be individually hallmarked, dated and registered. In addition, a fascinating narrative about the Hummel painting will accompany each ornament. An attractive chest will also be furnished at no extra charge so you can store and protect your collection. Your children, grandchildren, and their children will enjoy the magic of these cherished ornaments. Like Christmas itself, this glorious Hummel art will live forever!

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The First Hummel Gold Christmas Ornament Collection

The Christmas Ornament Collectors Club
14 Finance Drive
Danbury, Connecticut 06810

Please respond promptly.

Please accept my reservation to *The First Hummel Gold Christmas Ornament Collection*, a collection of thirty-six Christmas ornaments, featuring the artwork of Sister M.I. Hummel displayed in gleaming 24kt gold finish frames. The cost of each ornament is just $16.50*.

I need send no money now. I understand that I will receive one ornament per month. Any ornament that I am not satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be cancelled by either party at any time.

*Plus $1.50 for shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each ornament charged to your:
☐ VISA ☐ MasterCard

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Credit Card Number Expiration Date

Signature _____

Allow 8-12 weeks after payment for initial shipment Z-320

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THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover painting by Lucian Lupinski)

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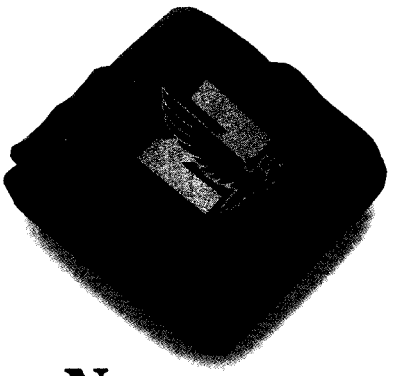

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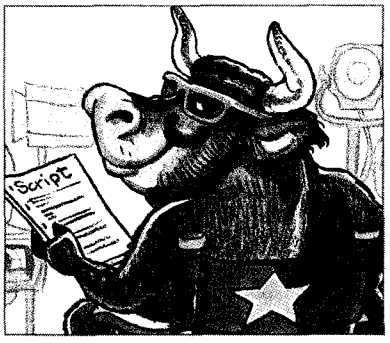

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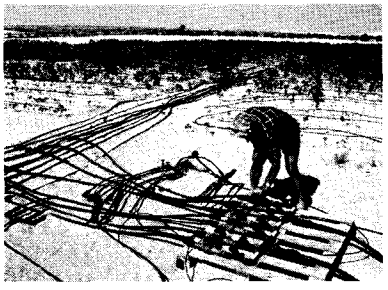

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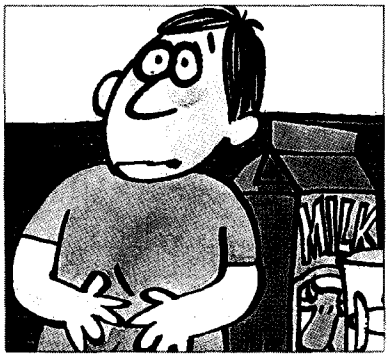

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Letters

Running Controversy

On page 51 of the *Post* for August 1987, the artwork indicates that cartoonist Don Trawin should have researched his material more thoroughly. My Liddell & Scott's Greek Lexicon is the authority for spelling ancient Athens "AΘHNAI," or, more appropriately, "AΘHNAZE" (to be interpreted "to or towards Athens").

Alas, poor Pheidippides!

G. H. Carle
Binghamton, New York

He's Got Rhythm

You could not believe how excited I was—am—to read your article on arrhythmias (July/August '87)! I was forced to experience one March 4. I was jogging with a friend at Queen's University in Kingston when I "passed out" and remained unconscious. After spending weeks in the hospital, in both Kingston General and Toronto General, and accumulating many miles on the treadmills there, I am now trying to return to the shape I was in prior to this "vacation."

J. Nicholas Shaw
Toronto, Ontario

Single's Herpes

I empathize with the grandma with genital herpes whose letter was in the July/August '87 *Saturday Evening Post*. I, too, am a grandma, 63 years of age, and have been having the same problem. However, I'd be interested to know if her doctor took a culture that showed she actually had genital herpes.

My husband died in 1983 of emphysema, and I've had no sexual contact since then or for two years before his death. In February of last year I had lesions develop in the genital area. Several days before they appeared I'd had a prickling sensation at the site of the outbreak. They were so very painful that after a couple of days I realized it was some kind of herpes because of the symptoms—I'd had shingles around my stomach when I was 18 years old, and in 1977 I had them on the right hip and thigh. I remembered very well how the shingles virus causes the affected area to pain several days before the blisters

continued on following page

EDITORIAL

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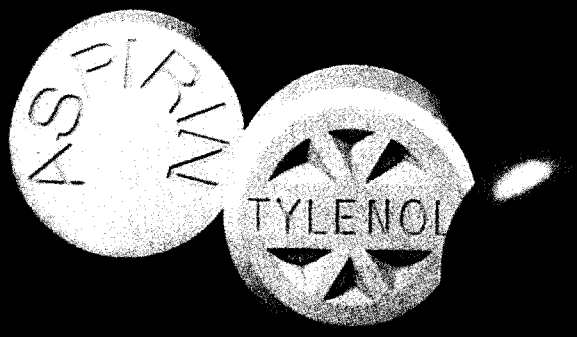
For arthritis pain, more and more doctors and pharmacists recommend Advil®.



Today pharmacists are recommending Advil for minor arthritis pain more than any brand of pain reliever. And doctors trust Advil so much that they've recommended it over five million times for body aches, headaches, minor arthritis pain and other kinds of pain.

Advil is a completely different alternative to both aspirin and Tylenol® because it contains a nonprescription strength of ibuprofen. That's the medicine in the prescription brand Motrin,® the product of another company. Just one Advil is as effective as two regular-strength Tylenol or two regular aspirin. Yet Advil is gentler to the stomach than aspirin.

Before taking any medicine, read the label carefully and follow directions.

Over fifty million people have already taken Advil. Shouldn't you? Try Advil tablets or new caplets.

After all, it's the pain reliever more and more doctors and pharmacists recommend.

"When the pain in my fingers starts, I don't take aspirin anymore."

Advil®
ibuprofen
advanced medicine for pain
NOW, IN NON-PRESCRIPTION STRENGTH

ADVANCED MEDICINE FOR PAIN™
from Whitehall Laboratories

For headaches, minor arthritis pain, menstrual cramps, backache, muscle ache, fever.

Appearance of the brown Advil tablet and caplet is a trademark of Whitehall.
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first appear on the body.

Last month my left leg suddenly became extremely sore and tender. In two days lesions appeared in the left genital area, where they'd been last year. Then the pain abated, but my leg stayed sore for about ten days. My dermatologist examined the lesions. He was so positive it was herpes that he gave me a prescription for an ointment, but he took a culture and said it would be three days for results. The lab kept mine for ten days and then notified me it was not herpes. I asked what it was and they said they didn't know, as the culture only told what it wasn't. The doctor said that at the next episode I was to come in within 48 hours and they'd do a different culture.

Comparing shingles symptoms with these genital lesion outbreaks, I've come to the conclusion that the shingles virus has mutated in some way, and I'm having shingles in the genital area every few months.

I'll wager this is happening to other people who are reluctant to mention it. I can well understand "grandma's" indignation and frustration. During the ten days my culture was in the lab, I thought of nothing else but the test and wondered where in the world I could have gotten genital herpes. Now that the results are back, I'm still in a quandary, wondering what I do have and if I'm going to continue to have one of these very painful and degrading episodes every four or five months the rest of my life.

Anonymous

Drunk with Joy

I'm a recovering alcoholic. When I read your article on Slow-Mag, I was surprised at the number of physical difficulties it helps. And, of course, the part covering alcoholism made me realize Slow-Mag could help—and it has. No longer do I fight the desire for alcohol. To me it's rather like a miracle. To choose not to drink is one thing, but to have no desire is frosting on the cake! I know this is only one area in your research, but if the others are as successful, you deserve praise and support. Thank you.

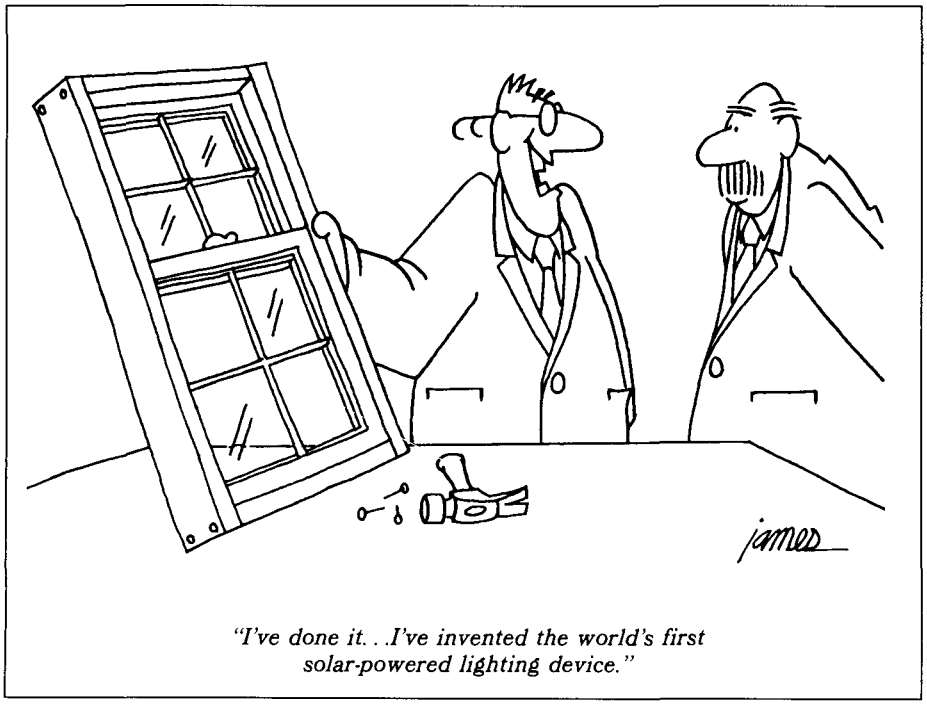
Imogene F. Fjetland
Address withheld

Headed in the Right Direction

Re: "My Head Aches," April 1987. Some 40 years ago two friends were incapacitated to the extent of requiring round-the-clock nurses, unable even to stand unaided. The physician husband of one finally decided nothing could be lost, so he tried epilepsy medication. Overnight, the headache was gone! It never returned, with continuing medication.

I hope you can find some way of getting this suggestion to your audience. It should not be used without a physician's supervision, of course.

Anonymous
Massachusetts



"I've done it. . .I've invented the world's first solar-powered lighting device."

Freedom from Fever Blisters

After reading letters in the August 1987 issue of the *Post* concerning herpes and L-lysine, I am writing to let you know of my continuing faith in this amino acid as a way of preventing herpes outbreaks. Your July/August 1982 issue carried the article "Does Lysine Stop Herpes?" which prompted me to write and tell you that I had been free of fever blisters ever since learning about L-lysine. My letter of testimony appeared in your September 1982 issue.

I still take 500 mg of L-lysine morning and evening and increase the dosage when I am under severe stress. I am still herpes free except for rare occasions when something triggers the virus and I feel the onset of a blister. Then I increase my intake to several grams a day, and the offensive intruder disappears.

I have xeroxed many copies of the two 1982 articles and given them to other herpes sufferers. I have never known of one who did not benefit from the information. Too bad a large segment of the medical profession seems to ignore this safe, non-drug way to help their herpes patients.

Adalin B. Borman
Carlinville, Illinois

Calling for Corn Meal

Last Sunday, one of our members showed slides of people living on a garbage dump in Mexico City. The children had orange hair. Our member's name is Jon Yeckley and he went with Pioneer Outreach Ministries. Is there any way you could get high-lysine corn meal to these children? I personally am struggling and cannot help. We go to Daeppring Christian Center in Sorentum, Pennsylvania.

Marilyn Allen
Brackenridge, Pennsylvania

Breathing Easy Again

Just thought you might like to know about the response we received from the letter I wrote to you that you printed with our telephone number and pictures (April '87). I am enclosing the list, along with their ages, etc. I am also enclosing some newspaper clippings about the Mayo Clinic doing these lung transplants soon.

continued on following page

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And of course, there's Toto. The lively little terrier who started the whole wonderful tale.

"Judy Garland as Dorothy." She's what memories are made of. And heirlooms, too. And she's attractively priced at just $135.

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Please mail by September 30, 1987.

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Please enter my order for the delightful doll portraying Judy Garland as Dorothy in The Wizard of Oz, to be crafted of fine imported porcelain with hand-painted features. She comes complete with Toto, her carefully crafted miniature dog.

I need send no money now. I will be billed the issue price in five equal monthly installments of just $27.* each, with the first payment due in advance of shipment.

**Plus my state sales tax and a total of $3. for shipping and handling.*

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We were on vacation when the magazine came out and didn't know about it until we heard some messages left on our telephone answering machine. Two people left their numbers, so we called them back; one said he also talked to Tom Hall in Toronto because we weren't home. There might have been more who called Tom.

This has been very rewarding for us. It was nice to be able to talk with people from around the country. As you can see, we got one call almost every day for a while. We are corresponding with some of them, and some will be on their way to Toronto. Some, however, are over their age limit, and some have emphysema.

Northwestern Memorial Hospital in Chicago did two single-lung transplants. The first was April 24—Carl Montalbano, who died at the end of May. He never got off the ventilator. Dr. Locicero was in touch with Dr. Cooper in Toronto every day. The second one was on May 12—Bob Reinhardt (both men were 62 years old). He went home on June 19 and is doing just great. They are looking for three more candidates as they have the funds.

So again, many, many thanks to you! If there is ever anything we can do, please let us know. We really enjoy your magazine, and many others told us the same thing.

Jeanette and Duane Lewis
Rochester, Minnesota

Avoids Malted Barley

Having read several articles in *The Saturday Evening Post* concerning food allergies, I would like to comment on malted barley.

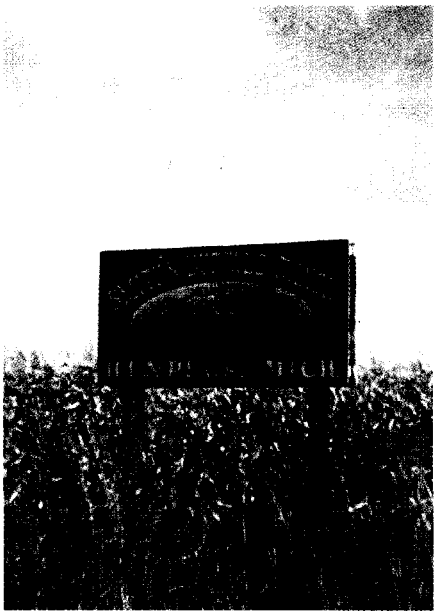
As a child and young girl, I had frequent cold sores. It seemed they were more likely to appear after colds, menstrual periods, or times of less resistance in general.

In later years, with more knowledge of allergic reactions, I can usually avoid any outbreaks. My own formula is avoidance of chocolate and malted barley—and taking 500 mg of lysine daily.

As most cereals, crackers, breads, and some prepared foods now contain malted barley, I read ingredients carefully.

Hoping this might help someone else as your articles have helped me.

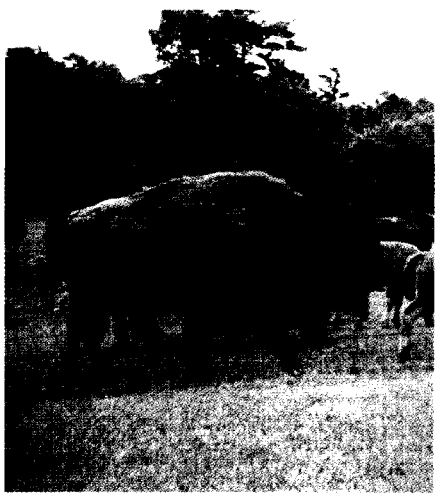
Jacqueline H. Cavey
Virginia Beach, Virginia



Maynard Henpecked?

Both my husband and I enjoy your delightful magazine, *The Saturday Evening Post*. We look forward to the many interesting health articles each month and are changing our eating habits to include the fiber of whole grains, as a result of your reports.

We especially love the stories by Maynard Good Stoddard. His reference to Henpeck and Richfield Center



surprised us, as we now live in the Henpeck vicinity.

I am enclosing these color pictures of the Smith family's local buffalo farm. We thought you folks might be interested to know such a place really does exist.

May you have many years of success with the beloved *Saturday Evening Post*.

Sue Harris
Millington, Michigan

de-Light Reading

Today, May 15, 1987, I finally got the chance to read my May/June '87 *Saturday Evening Post*. It has been some time since having a subscription and decided it was time to get back to good reading.

Today was a delightful experience. It gave me my laugh for today. The "Open Sesame, My Foot" piece, by Maynard Good Stoddard, had me hysterical. Some of the instances described I have experienced. If anyone had seen me sitting on the patio, laughing, they would have been worried.

Thanks for printing the Stoddard story. It made my day. He really has a special gift.

Constance A. Fillon
Mt. Vernon, New York

Coming In from the Cold

I am interested in receiving information concerning L-lysine for combating fever sores. Having read of this program in the *SEP*, it appears to me that the comments and answers fit my problem. I am a 73-year-old male in pretty good shape, except for a cold followed by fever sores. My mother suffered from the same problem.

The grandson of a family friend has fever sores around his mouth, in his nose, and in his mouth. Perhaps L-lysine will help this child.

Alger J. Sturtevant
Easton, Pennsylvania

Imitation Is Flattery

Your magazine is to be commended for your efforts to help the public safeguard our health and for helping prevent serious and/or fatal diseases. I am referring to the timely and thorough pieces of writing found in your May/June 1987 edition. The "Medical Mailbox" articles by Cory Ser-Vaas, M.D., were, in a word, excellent. Be assured that I shall do something to spread the word.

As a matter of fact, I should like your permission to duplicate significant portions of the "Medical Mailbox" to distribute to fellow workers. In addition my wife will distribute at her work.

Again, thank you for your concern for us out here. "Medical Mailbox" alone has been worth the price of my subscription.

Irving Summers
Indio, California

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ELECTRONIC REPRODUCTION PROHIBITED

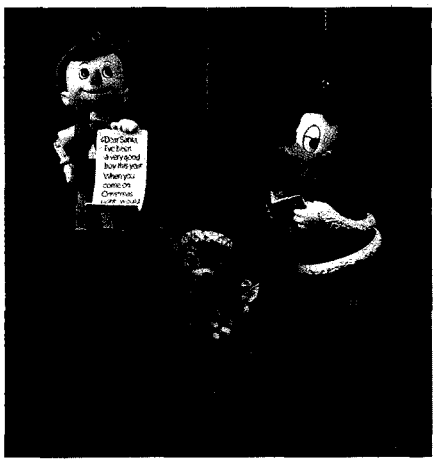
Now you can build an enchanting collection of hand-painted Disney ornaments— to enjoy and treasure throughout the years
The Disney Christmas Ornament Collection
ONLY $9.50* EACH!

© 1987 The Walt Disney Company

An outstanding value at just $9.50 per ornament. Available on a convenient, systematic acquisition plan. Please be sure to enter your subscription by October 15, 1987

HERE ARE THE HAPPIEST, most charming, most delightful Christmas ornaments of all. Created by the artists of the Walt Disney Studio for you and your family to enjoy year after year. Finely detailed. Meticulously hand-painted. And utterly captivating.

Mickey casts his eyes to heaven as he finds himself entangled in a strand of Christmas lights. Donald flies through the air blowing a clarion call on his trumpet. Jiminy Cricket laughs aloud as he swings on a candy cane. Peter Pan rides a sled loaded with gifts.



Ornaments shown smaller than actual size of approximately 4 inches in height.

Pinocchio writes a letter to Santa saying "I've been a very good boy this year...." Minnie Mouse, on ice skates, is adorably flirtatious. Daisy Duck is demure and in good voice as she sings Christmas carols. Goofy, to his consternation, gets all tangled up in his skis. Tinker Bell, on a snowflake, is the perfect Christmas angel.

Here, too, are Bambi. Dumbo. Pluto. A total of twelve in all. Inspired creations from the wonderful world of Disney — now in a unique collection of Christmas ornaments, to add that special Disney magic to your tree.

Imagine the sheer *fun* of receiving these enchanting ornaments on an easy and convenient subscription plan at the rate of one new ornament each month. The anticipation. The delight as you hold each new ornament in your hands. And then — year after year — the beauty and charm and fascination of your *Disney Christmas Ornament Collection* hanging on your tree.

The ornaments are just $9.50 each — an outstanding value. And your satisfaction is guaranteed. You can return any ornament in its original condition within 14 days for prompt replacement or refund. And you can cancel your subscription at any time, by following the instructions on the invoice accompanying your shipment.

The price of $9.50 per ornament is guaranteed to you for the entire collection, provided your subscription is entered no later than October 15, 1987. There is no need to send any money now. Simply complete and return the Subscription Application promptly.

* Plus shipping, handling, and sales tax.

The Disney Collection
A Service of Grolier Enterprises

THE DISNEY CHRISTMAS ORNAMENT COLLECTION

THE DISNEY COLLECTION
A Service of Grolier Enterprises
P.O. Box 1797, Sherman Tpk., Danbury, CT 06816

Subscription Application
Valid only if postmarked by
October 15, 1987

YES, please enter my subscription to *The Disney Christmas Ornament Collection*, created by the artists of the Walt Disney Studio, meticulously crafted and individually hand-painted. My 12 ornaments will be sent to me at the rate of one each month, at $9.50* (plus $1.50 shipping and handling) per ornament. I may return any ornament within 14 days, at your expense, for prompt refund or replacement. And I may cancel my subscription at any time by following the instructions on the invoice accompanying my shipment. 505509

I need send no money now, I prefer to pay as indicated below:

☐ DIRECT. Please bill me for each ornament in advance of shipment.

☐ BY CREDIT CARD. Please charge each ornament, when shipped, to my credit card:

☐ VISA ☐ MASTERCARD

Account Number _____ Expiration Date _____ Mo./Yr.

Signature _____

Name _____
Please print clearly. All applications subject to acceptance.

Address _____

City _____ State _____ Zip _____

Please allow 8 to 12 weeks for initial shipment. **NY and CT residents please add sales tax* CQB

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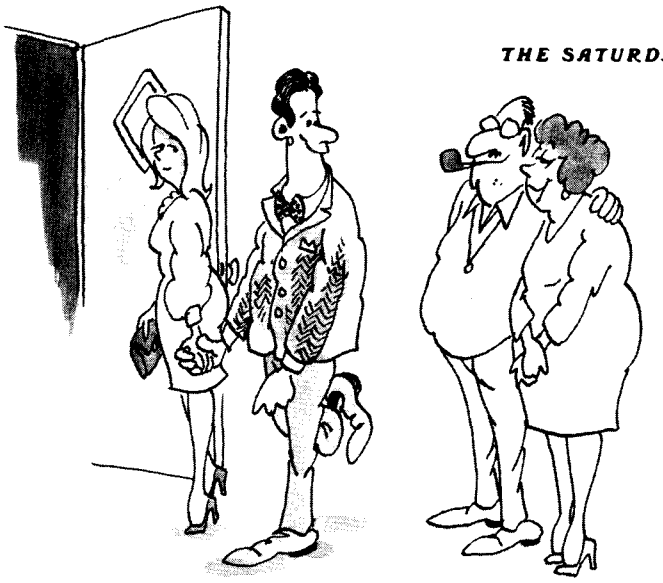
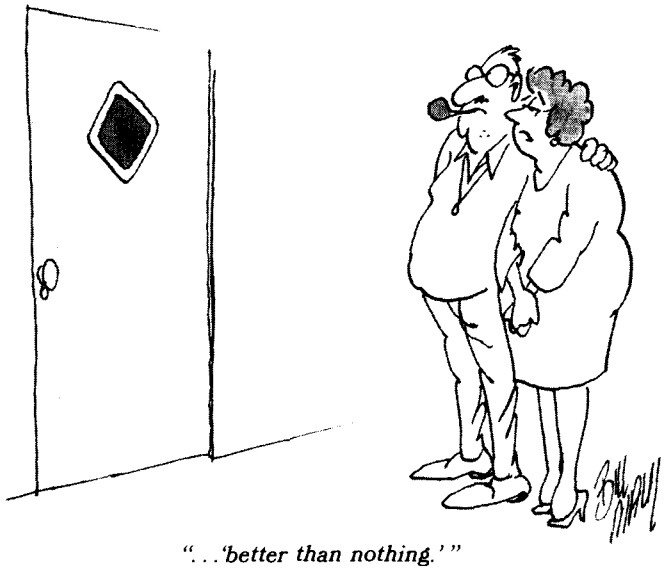


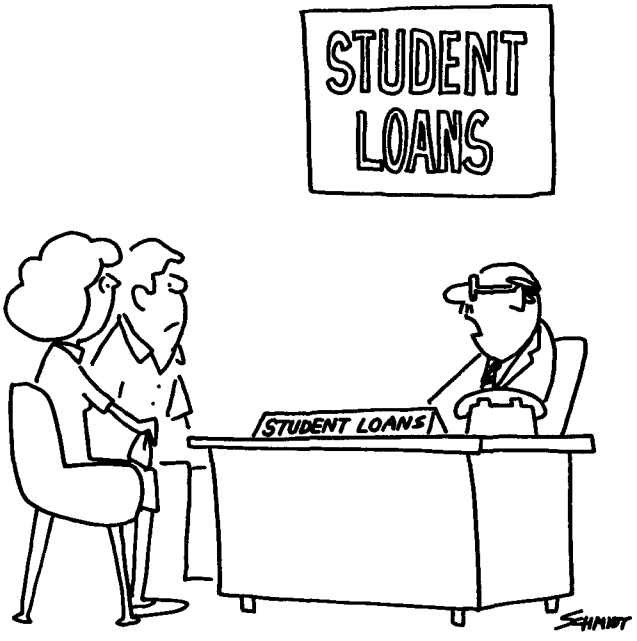
"Have fun, kids. . . . Oh, and Conrad, it was so nice to meet you. You're exactly as Joanne described you. . ."



". . .'better than nothing.'"

TRUTH IN ADVERTISING

"Oh, but it is a duck dinner, sir. Our duck simply adores it."



". . .And how long do you want to borrow this student?"

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Princess Diana's Flower Girl

An enchanting collector doll crafted of fine bisque porcelain and lovingly hand-painted

Authentically recreating the adorable gown of Princess Diana's flower girls

The Royal Wedding of Prince Charles and Lady Diana Spencer was a story of fairy tale romance come true. Of magnificent pageantry. Of magical moments felt by participants, spectators... and five little flower girls who shared the royal spotlight and walked up the aisle with their beloved princess-to-be.

Now, the Danbury Mint is pleased to present *Princess Diana's Flower Girl* – an extraordinary porcelain collector doll that embodies the same spirit of pride and the same sense of excitement that was so evident in all the darling flower girls.

Authentically recreated gown

The flower girls wore beautiful gowns of taffeta and embroidered lace – complete with puffed sleeves, elegant bows, and tiny hand-sewn pearls.

This gown has been recreated in hand-tailored luxurious taffeta and embroidered lace, accented with faux pearls. Even the precious flower basket as well as the flowers she wears in her "page boy" styled hair have been recreated with exacting care.

Superbly crafted

The head, lower arms and legs are superbly crafted in fine bisque porcelain – just like the valued collector dolls of the 1800's. Her face is an original sculpture, her enchanting facial features are individually hand-painted – reflecting the wonderful charm and innocence of a little girl.

An excellent value

The original issue price of *Princess Diana's Flower Girl* is only $90, payable in three convenient monthly installments of $30 each. A display stand will accompany your doll *at no extra charge*.

This is an incomparable value for a collector doll of such exquisite quality, rich in authentic detail. Dolls of similar complexity and quality are selling for considerably more!

You need send no money now. To reserve your doll, simply return the Reservation Application. *Princess Diana's Flower Girl* is a private commission available exclusively from the Danbury Mint.

Princess Diana's Flower Girl will be admired and cherished throughout the generations of daughters and granddaughters in your family. She will also serve as an enduring reminder of the greatest fairy tale romance of the twentieth century. Mail your reservation today!

Shown much smaller than actual size of 12" in height.

© DM

RESERVATION APPLICATION

Princess Diana's Flower Girl

D-75

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *Princess Diana's Flower Girl*, a doll with a hand-painted porcelain head, porcelain lower arms and legs, and an authentic hand-tailored gown. She comes with a flower basket bouquet and a garland of flowers in her hair. A display stand will be included at no additional charge.

I need send no money now. I will pay for the doll in three monthly installments of $30* each, the first being billed before the shipment of my doll. If I am not satisfied, I may return my doll within thirty days for a replacement or refund.

**Plus $1.00 per installment for shipping and handling.*

Name _____
Please Print Clearly

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each monthly installment charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for shipment.

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MONEY TALK

ANSWERING YOUR FINANCIAL QUESTIONS

Advice you can bank on about saving and investing.

by Venita VanCaspel

Q. I've been reading about convertible securities. What are they, how do they work, and how does one invest in them?

A. A convertible is a bond or preferred stock in a company. Convertibles pay interest or dividends on a regular basis, as any bond or preferred stock would pay. The chief difference is that they are convertible into the common stock of the company issuing them. Therefore, if the common stock increases in market price, you receive both the regular dividend or interest plus a capital gain, because the price of the convertible tracks the increasing price of the underlying common stock.

As the stock market goes through a flat or down period, convertibles tend to serve as a hedge, performing better than common stocks in flat markets and generally far better in down markets.

The best way for most investors to invest in convertibles is to choose a mutual fund that invests primarily in convertible securities. Choose one from a family of funds with a good performance record.

Q. I have $1,000 a month I want to invest. In a recent article you mentioned it is possible to invest monthly and average 12 percent on my investment in a mutual fund. This sounds great. How do I do it?

A. When you invest in stocks or a mutual fund, there are no guarantees; however, the "Seminar Fund" I use as an example in my books has averaged 13 percent over its 53 years of performance. You can open an account in this fund with as small an amount as $250 and add to it anytime you can afford to contribute $50. I have found that the best way for most investors is to set up a bank draft and have the fund draft your bank account the same day each month and invest it in fund shares. This schedule gives you the mathematical advantage of dollar cost averaging. And the bank never forgets—sometimes, I find, my clients do.

"You've put us over our budget again!"

Q. The feature article on you in the March '87 *Saturday Evening Post* stated you are a certified financial planner. Just what does that mean?

A. A certified financial planner is a person who has been engaged in financial planning for clients for at least three years; has studied the curriculum of the College of Financial Planning, headquartered in Denver, Colorado; has passed six sections of the exams; and has been recommended to the college by other planners. After the candidate completes the course of study and passes the exams, the college awards the CFP designation. To keep the designation the CFP must continue in a prescribed credit program.

I encourage you to seek out the services of a recommended certified financial planner.

Q. I am 30 years old, my wife is 27, and we have three small children. We have $3,000 in savings. Should I buy life insurance or start an investment program? I don't have any life insurance now.

A. You definitely should not start an investment program until you've protected your family in the event you should die before you've had time to accumulate more assets. Fortunately, at your age life insurance, if bought properly, is very inexpensive. You can obtain $300,000 of annual renewable term for a nonsmoker, age 30, for $0.92 per thousand or $326.00 per year or $30.15 per month by using a monthly bank draft. If you can also save an additional $50 to $100 per month, I recommend that you invest monthly in a mutual fund, but not until you have taken care of your life-insurance needs.

Q. In the city in which I live, I've observed the building of self-storage miniwarehouses. Is it possible for a relatively small investor to invest in this type of property?

A. Yes, it definitely is. As living spaces have grown smaller and office space has become more expensive, individuals and businesses have sought out handy, economical storage space. We also seem to be a nation of "pack rats." We don't get rid of our junk, we store it—hence the self-storage business is booming.

A registered limited partnership is a very good way to invest in this field.

continued on page 80

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Grape-Nuts® Flakes. The simple care and feeding of your body.

Few things are better for your body than regular exercise. And good, simple food.

That's where Post® Grape-Nuts® Flakes comes in. So good for you because it's so simple.

You see, each flake is made from a single kernel of wheat, to capture all the honest goodness of nature.

So you—and your body—can enjoy one of life's simple pleasures: the light, crisp texture and extraordinary taste of Grape-Nuts Flakes.

Low in fat. No artificial preservatives. Just simple wholesomeness.

Because for people who care about their well-being, the simpler, the better.

GENERAL FOODS

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How to enjoy your salary long after you've stopped working.

At 6:37 the alarm rings. And you're up and running. To the train. To a meeting. To the client. And before you know it another day's gone by. Another month. Another year. Until one day you wake up to the fact that you've been working 20 years.

Halfway to retirement. Something you've been too busy to think about. But the time to plan for retirement is now, while you're still working.

IDS Financial Services will help you plan for a comfortable retirement

Not by giving you hot investment tips. Or by cutting back on your current lifestyle.

By sitting down, one-to-one, with a highly skilled IDS Personal Financial Planner. That's how IDS, an American Express company, has been helping people for nearly 100 years.

How IDS can help you live better today and tomorrow

First you and your IDS Planner meet to discuss your current situation and retirement goals. IDS has a range of uniquely designed financial planning services to meet the goals you set. One is our Retirement Income Analysis, a remarkable innovation that projects your retirement expenses and earnings and investment income.

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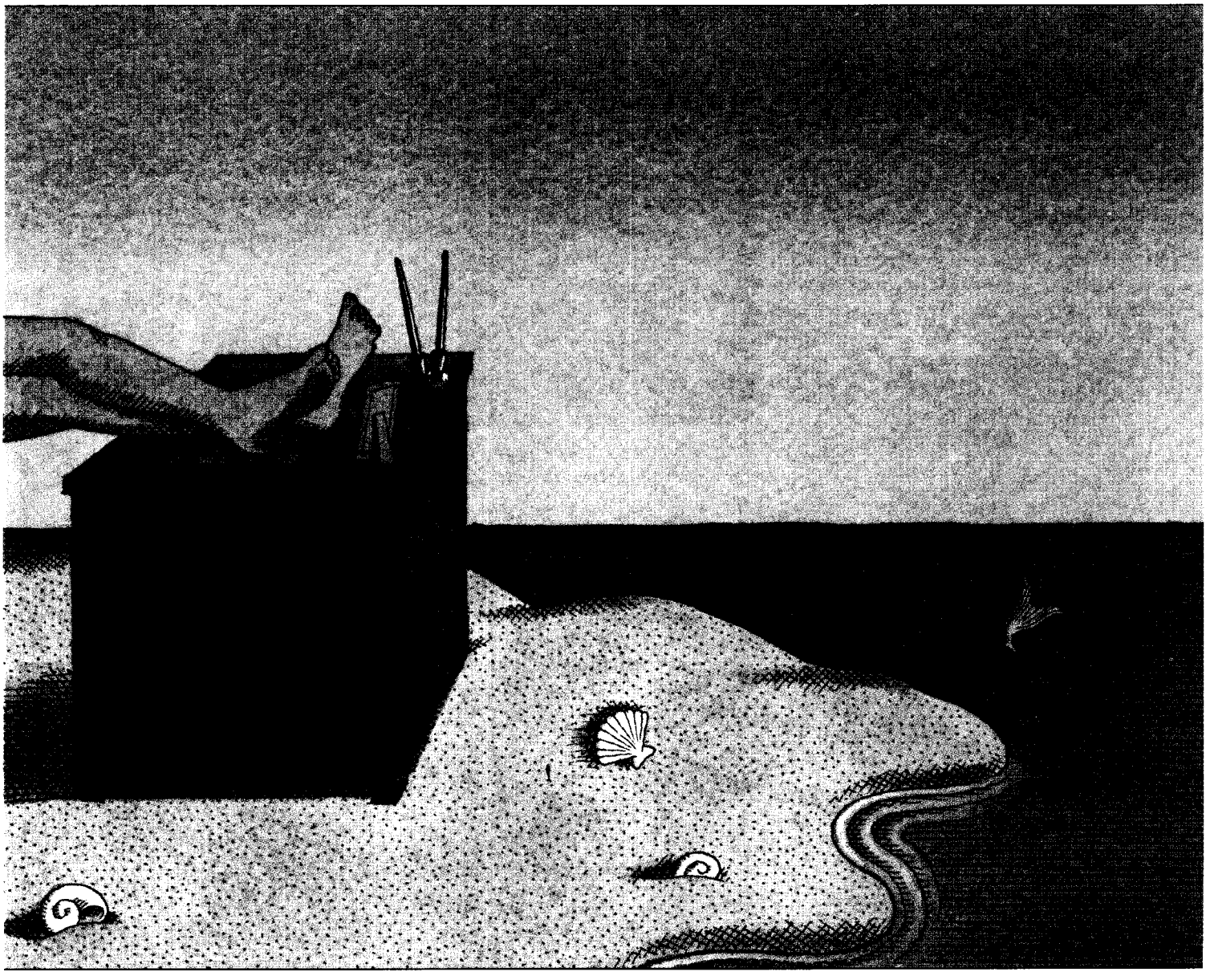

Using that information, your IDS Planner develops a custom-prepared recommendation. In it you'll find plenty of tax savings ideas that can help you live better today. And a wide range of investment options.

So when your paycheck stops coming, your income won't.

You can meet with an IDS Planner for a free thirty-minute consultation. It's pressure-free. And confidential. Just send in this coupon or call 1-800-437-4332.

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Post People

While other teen-agers were spending their summer at the beach or wherever, ***Kirk Cameron***, 16, of ABC's "Growing Pains," was working ten hours a day on his first feature film, *Like Father, Like Son*. But spare your sympathy. The beach boys' suntans pale significantly in light of Kirk's popularity, as evidenced by the 6,000 fan letters he receives each week, along with gifts and snapshots

of girls in cheerleader uniforms.

And is this king of the teen magazines making hey-hey while the sun shines? On the contrary: his mom won't let him buy a car, he doesn't have a girlfriend, and he has taken the advice of his good friend Michael J. Fox to "keep your head on your shoulders and don't let anything get out of hand."

Being inducted into a hall of fame is certainly anything but peanuts—but not for ***Charles M. Schulz,*** the creator of the *Peanuts* comic strip, who has been inducted into the Museum of Cartoon Art's Cartoonists Hall of Fame and honored by fellow cartoonists for receiving this year's Golden Brick Award.

"It seems beyond comprehension that someone can be born to draw comic strips," says Schulz, 64, "but I think I was." So do the readers of some 2,000 papers in 57 countries,

evidently, who have been enjoying the *Peanuts* series for the past 37 years.

"FREEDOM FROM SMOKING® For You and Your Baby" is a new smoking-cessation program for pregnant women from the American Lung Association. And who better to volunteer as the national chairperson of the program than ***Joan Lunden,*** the author, wife, mother, and host of

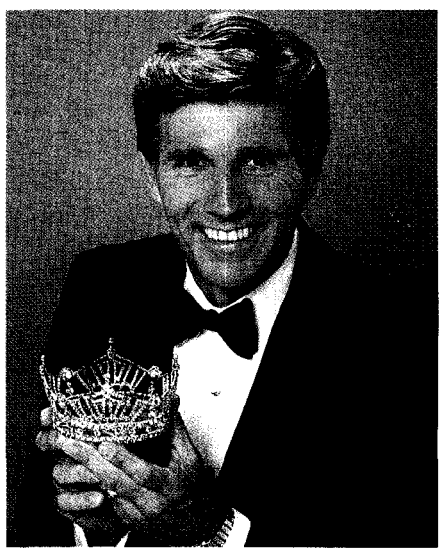
ABC's "Good Morning America"?

Joan, herself expecting, says: "Tragically, many women do not understand the serious health hazards of smoking while pregnant. Thirty-four percent of pregnant women aged 20 to 44 in this country smoke cigarettes, despite the Surgeon General's warnings that smoking can complicate pregnancy, cause fetal injury, premature birth, and low birth weight."

Those are reasons enough for expectant mothers to consider well the association's poster: "Quit Smoking. . .You're Breathing for Two."

One of the most momentous substitutions of the year has been the ***Rev. Edward A. ("Monk") Malloy, C.S.C.,*** a former Notre Dame basketball player, for the Rev. Theodore M. Hes-

burgh, C.S.C., as president of the University of Notre Dame. Not that Father Malloy had been exactly sitting on the bench awaiting Father Hesburgh's retirement. Rather, he kept busy as associate provost by assisting with all the academic activities and functions of the university.



Gary Collins, the host of "Hour Magazine," will host this year's Miss America Pageant from Atlantic City, New Jersey, September 19 on NBC. The theme of this 34th annual pageant is *The Heart of America*, a tie-in to the constitutional bicentennial. As for Collins' tie-in with the pageant, not only will this be his sixth, but he also married the Miss America of 1959, Mary Ann Mobley.

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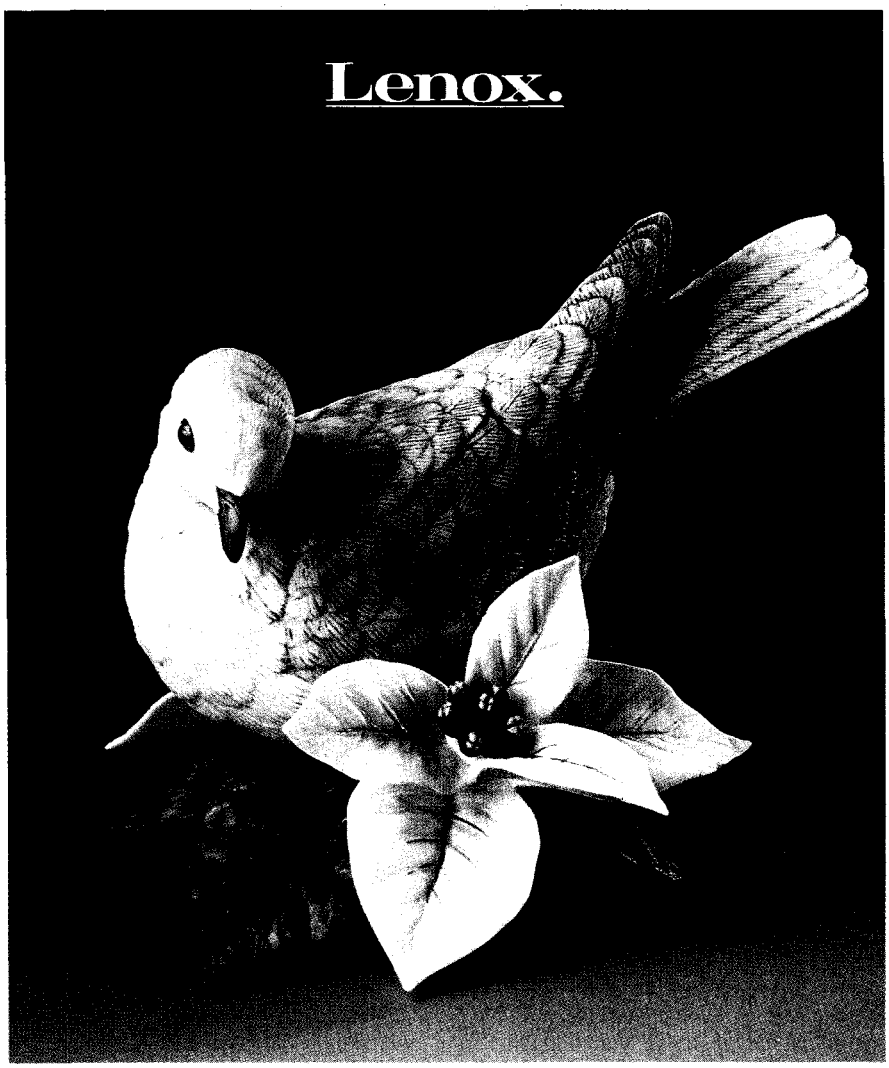
To display with pride
or give with pleasure . . .

THE DOVE

The serenity and beauty
of the traditional
bird of peace in a new
and original work of art

Handcrafted of the
finest bisque porcelain
and meticulously
painted by hand



© Lenox, Inc. 1987

Shown smaller than actual size

Dawn in the garden. A soft cooing fills the air, the gentle turtle dove is singing sweetly to its mate. One of the world's most beloved garden birds—long a symbol of peace, love, and good tidings—doves have been a favorite subject of artists since time immemorial.

And now Lenox has created a magnificent *new* work of art that captures the sweetness and beauty of this delightful bird. Superbly handcrafted in fine bisque porcelain, *The Dove* is painted entirely by hand in nature's own hues.

Meticulous craftsmanship . . . exceptional quality

Portrayed atop a white poinsettia, *The Dove* is a masterwork of subtle richness. Feather by feather, leaf by leaf, every sculptured detail has been captured in all its intricacy. And every nuance of color exquisitely defined. The gentle hues of sand and ivory in the dove's plumage contrast beautifully with the distinctive black neck markings and shaded wing tips. And the vibrant green and creamy white of the two poinsettias add a grace and loveliness that make this an exceptional work of art.

Conceived and designed by the master artists of Lenox, each imported sculpture bears a *pure 24 karat gold* backstamp inscribed with the title of the work and the world-renowned Lenox® trademark — your assurance of the finest quality.

In your home, *The Dove* will bring a tranquil touch of nature to its surroundings. A work of art that will be admired by all who see it, for its beauty . . . artistry . . . and symbolism.

Available only direct from Lenox

This important new issue in The Lenox Garden Bird Collection is available only direct from Lenox. The price is $39, payable in convenient monthly installments. To order, mail your Reservation Application by October 31st at the latest, and allow 6 to 8 weeks for delivery. For credit card orders, you may call **TOLL FREE**, 24 hours a day, 7 days a week, **1-800-537-1600 ext. 914.**

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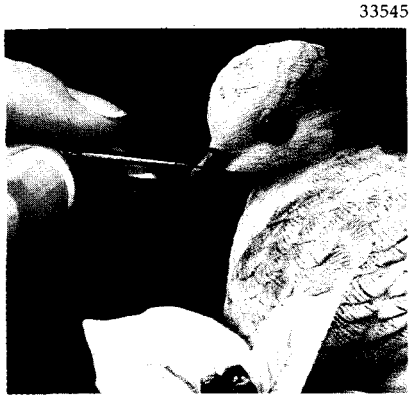

Masterfully painted by hand to reveal every detail of the turtle dove's subtle markings.

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TASTE TEMPTERS FROM THE GARDEN

From sweet corn pudding to zesty zucchini pizza, delicious vegetable dishes are all you need for a satisfying summer meal.

by Jacquelyn Nyenhuis

Move over, red meats. Good-by, poultry. So long, fish and seafood! The time is ripe for some exciting entrées from the summer's bountiful harvest of vegetables.

Don't worry about too little protein—there's plenty to spare in these meatless dishes, thanks to complementary protein combinations of cheeses, yogurt, and grains. In addition, there's fiber from oat bran, high-lysine corn, lentils, and barley.

Combined with the right ingredients, fresh vegetables pack plenty of protein without adding meat.

All the dishes can be made on a stove or in a conventional oven. And Oat-Bran Puffs with Carrot Filling, Vegetable Soup with Cornmeal Dumplings, Corn Pudding, and Eggplant Parmesan are adaptable in part or whole to microwaving.

To retain nutrients, leave vegetable peelings intact. Vitamins concentrated near the outer surface are too easily peeled away. Do not overcook, for cooking also robs vegetables of nutrients. Carrots for the Oat Bran Puffs should be cooked just until crisp-tender.

Nutrients in the cooking liquid can be retained by using the liquid for a sauce. In fact, it's also good practice to keep the liquid from all the vegetables you cook to be combined in a vegetable stock for making soups and other dishes. The stock will be low in salt and preferable to high-sodium bouillon.

Once your family tries these delicious dishes, you may never again have to beg to get them to eat their vegetables.

Personal Vegetarian Pizzas

(Makes 10 small pizzas)

Crust:
1 package active dry yeast
¼ cup warm water
½ teaspoon honey
1 tablespoon margarine
3 cups whole-wheat flour
¼ cup high-lysine cornmeal
1 teaspoon salt
1 cup warm water

Topping:
1 cup pizza sauce
1 small zucchini, sliced
1 small onion, sliced
¼ cup chopped green pepper
2 cups grated mozzarella cheese

Dissolve yeast in warm water and honey in large mixing bowl. Add remaining crust ingredients and stir until well-mixed. Knead 5-10 minutes or until smooth and elastic. Let rise in warm place 45-60 minutes or until double in size. Divide dough into 10 portions. Flatten each portion into small pizza shape. Place on baking sheets sprayed with nonstick vegetable coating.

Spread pizza sauce over dough. Top with vegetables and sprinkle cheese over top. Bake in preheated 400° F. oven 15-20 minutes or until crust is golden brown.

Oat-Bran Puffs with Carrot Filling

(Makes 8 servings)

Shells:
1 cup milk
⅓ cup margarine
¾ cup all-purpose flour
¼ cup oat bran
Dash salt, if desired
4 eggs

Filling:
5 medium carrots, sliced
1 tablespoon coarse horseradish
1 tablespoon chopped onion
¼ teaspoon celery salt or celery seed
2 tablespoons nonfat plain yogurt
2 tablespoons salad dressing

Bring milk and margarine to boil in medium saucepan. Add flour, oat bran, and salt all at once. Stir quickly to form smooth paste that does not cling to side of pan; remove from heat. Add 1 egg at a time; beat vigorously after each one. Continue to beat dough until eggs are combined. Place large tablespoons of dough onto baking sheet. Bake in preheated 400° F. oven 10 minutes. Reduce heat to 350° F. and bake 25 minutes longer. Cool and cut horizontally to fill.

Place carrots in small saucepan and add enough water to cover. Cook until tender; drain well, reserving liquid. Combine 2 tablespoons cooking liquid with remaining ingredients. Spoon sauce over carrots and fill cream puffs.

Microwave tip: Combine carrots and ¼ cup water in 2-cup casserole; cover. Microwave at High (100%) 5-6 minutes or until tender. Continue as directed in recipe.

Vegetable Soup with Cornmeal Dumplings

(Makes 6 servings)

Soup:
1 medium carrot, chopped
1 parsnip, chopped
1 small onion, chopped
1 clove garlic, minced
3 medium tomatoes, chopped
¼ cup chopped turnip
¼ cup chopped celery
2 tablespoons dry barley

continued on following page

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THIRSTY KIDS NEED THIRST AID.

Running, climbing, jumping. Kids can put in a lot of miles in a given day. And like athletes they get thirsty, because they're sweating away fluids.

Unlike soda or juice drinks, Gatorade® Thirst Quencher is uniquely formulated to help replace the fluids and energy kids lose during exercise. It's low in sugar and comes in flavors kids love. So when they work up a big thirst, give them Thirst Aid. Gatorade.

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GATORADE IS THIRST AID

FOR KIDS' DEEP DOWN BODY THIRST.

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THE NATIVE AMERICANS

Arrowhead Mills wants you to know that "Eating American" goes beyond today's trendy Haute Barbecue or the spicy sensations of Cajun and Creole. There's an authentic "New American Cuisine"—an exciting and wonderful world of taste treasures just waiting to be discovered. We're proud to call them "The Native Americans".

Years ago, actually many hundreds of years ago, people throughout the Americas enjoyed a sensational array of the most delicious and nutritious foods ever tasted: Amaranth, the "Food of the Aztecs" and Quinoa, the "supergrain" of the Incas; magical, mystical Blue Corn and the "ancient ones", the Anasazi Beans. Each of these marvelous, distinctive foods is easy to prepare, complements a wide variety of meats, fish and vegetables, contains truly remarkable amounts of rich nutrition and has such superb, one-of-a-kind flavor, they'll fast become your favorites too.

Discover these authentic taste treasures of the Native Americans today.

Arrowhead Mills®

Arrowhead Mills, Inc., Box 2059, Hereford, TX 79045 (806) 364-0730

2 tablespoons lentils
4 cups beef or vegetable broth
2 teaspoons Worcestershire sauce
½ tablespoon dried oregano
1 sprig parsley, minced
1 bay leaf
½ cup cut corn

Dumplings:
1 cup all-purpose flour
¼ cup high-lysine cornmeal
1¼ teaspoons baking powder
½ teaspoon salt, if desired
1 tablespoon margarine, melted
½ cup skim milk

Combine all ingredients for soup except corn in large pan. Bring to boil, reduce heat, and simmer about 15 minutes or until lentils are tender. Stir in corn. Mix dumpling ingredients and add by tablespoonfuls to boiling liquid. Simmer uncovered 10 minutes and then cover tightly. Cook 10 minutes longer, remove bay leaf, and serve immediately.

Microwave tip: Microwave soup at High (100%) in 2-quart casserole 15-20 minutes. Stir in corn and add dumpling mixture; cover. Microwave at High 4-5 minutes or until no longer doughy.

Corn Pudding
(Makes 9 servings)

1½ cups cut whole-kernel corn
1 cup high-lysine cornmeal
2 tablespoons melted margarine
1 medium onion, chopped
2 eggs, beaten
1¼ cups buttermilk
½ teaspoon baking soda
1½ cups grated Cheddar cheese
1 can (6 oz.) chopped green chilies

Mix together corn, cornmeal, margarine, onion, eggs, buttermilk, and soda in small mixing bowl just until blended. Spoon ½ batter into 8" square baking dish sprayed with nonstick vegetable coating. Cover batter with cheese and chilies. Top with remaining batter. Bake in preheated 350° F. oven 50-60 minutes or until no longer doughy. Let cool slightly and cut into squares to serve.

Microwave tip: Microwave corn at High (100%) in tightly covered 1-quart dish 3-4 minutes or until tender. Microwave margarine and onion at High in small dish 1-2 minutes or until tender. Add onions and ½ batter to corn. Layer with cheese and chilies. Top with remaining batter; cover with waxed paper. Microwave at High 5-6 minutes or until center is set.

Eggplant Parmesan
(Makes 8 servings)

1 large eggplant
¼ cup flour
1 egg
½ cup milk
⅓ cup bread crumbs
2 tablespoons freshly grated Parmesan cheese
¼ teaspoon onion salt
½ teaspoon white pepper

Sauce:
1 medium onion, chopped
2 cloves garlic, minced
2½ cups chopped tomatoes
1 medium carrot, grated
2 tablespoons minced parsley
1 bay leaf
½ can (6 oz.) tomato paste
½ teaspoon salt, if desired
1½ teaspoons basil
1 teaspoon Italian seasoning
8 slices mozzarella cheese

continued on page 107

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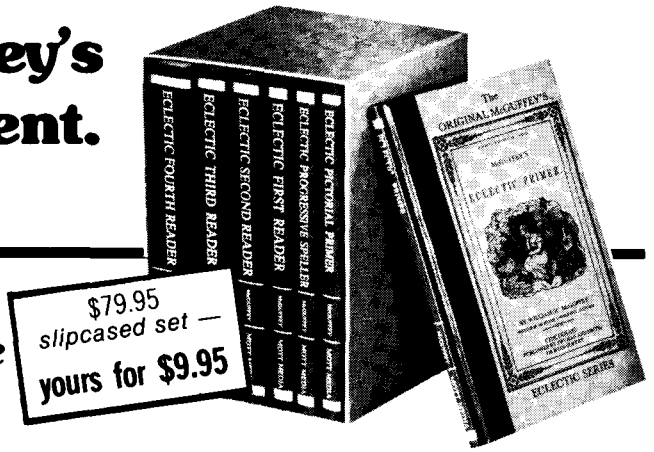
The original McGuffey's Readers were different. They were Christian



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RAISING CHAIR AWARENESS

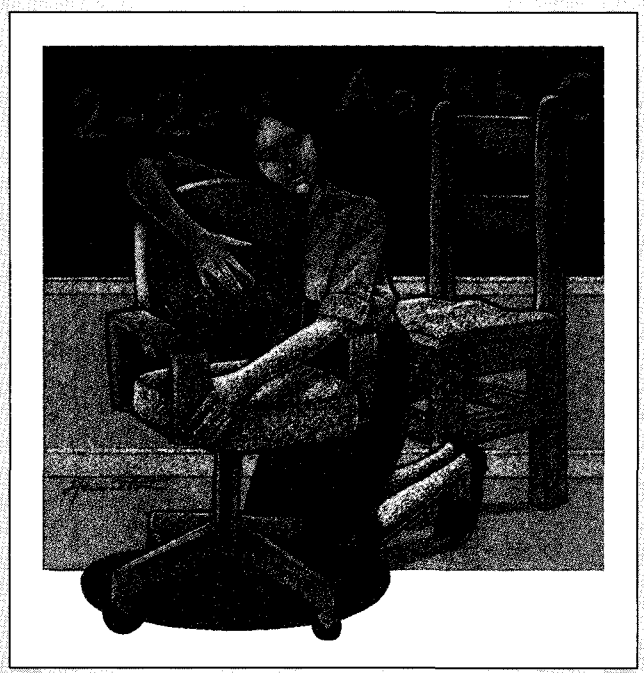
Show me a teacher with a respectable chair to sit on—and I'll show you a teacher who has bought a chair.

by Anne McCarroll

Illustrated by Marcus Hamilton

In my childhood I did not notice what teachers sat on. I was unaware of chair discrimination. No one spoke of it in my presence; the local papers said nothing against it. My mother was a teacher, but, brought up in a different era, she never questioned it.

When I began teaching in a junior high school, I accepted the plain, straight-back wooden chair at the desk in my classroom as my lot in life. I regretted its tendency to snag my nylons, but, in a cheerful spirit of resignation, I covered the chair's splinters with masking tape and taught English and history from it every day.



Then I began to see how the other half sits. Our school had one full-time and one half-time counselor. Each had an upholstered chair on wheels that swiveled, tilted, and moved easily. These women dealt with one child at a time in cushioned comfort. I had six classes of 35 students each, a hard wooden chair—and a smaller salary.

In school offices, I saw that not only administrators, but also secretaries and clerk-typists enjoyed upholstered, swiveling mobility. I became *chair aware*. And I began to covet their chairs shamelessly.

When it was announced in December that our half-time counselor was leaving to have a baby, I confess I thought not of her child—but of her chair.

We were told she would not return nor be replaced. Immediately I made discreet inquiries about her chair. "What," I asked the school custodian as he swept my room after school, "will become of Mrs. Clark's office?"

"Nothing," he said. "It's just closed up."

"What about her chair?" I asked.

"It's just sittin' there," he said. "No one's usin' it." Then, glancing at my chair, he said, "If you'd like to use it, I'll be glad to bring it in. No sense in it goin' to waste." No sense, indeed.

The chair arrived the next morning. Now I, a teacher, was on equal seating with office workers everywhere. Teachers who saw my chair envied me—and berated themselves for not beating me to it. "I think," one history teacher said grumpily, "the chair should have gone to the senior member of the faculty." He was the senior member of the faculty.

The rest of the academic year rolled by comfortably. Then, in September, came a surprise. At our first faculty meeting, the principal said, "You will be pleased to know we have hired a new half-time counselor."

I was not pleased to know any such thing. I went to my classroom, sat in my upholstered swivel chair with plastic arms, and considered a moral dilemma. Perhaps I should introduce myself to the new counselor: "Hello, I'm Anne McCarroll. Your chair is in my classroom."

On the other hand, I told myself, there were the taxpayers to consider; they expect maximum utilization of available resources. The counselor was a half-time employee; therefore, the chair would be used 50 percent less in her office than in my room. I said nothing. There was, after all, a sturdy wooden chair at her desk.

September and October passed comfortably. Then one dark November morning, the custodian said, "That new counselor's lookin' for a swivel chair. She seen the other counselor's got one and she wants one, too."

I knew the feeling. The chair rolled out of my life forever that cold November day. Surely, in time, I thought, teachers will come into their own—chairwise. Perhaps a kindly PTA president will sponsor a chair-raising bake sale. Some innovative superintendent may speak out on seating inequality and endear himself to teachers across the land.

But that winter of my chair content was 15 years ago. Teachers' salaries have improved. Their chairs have not. Show me a teacher with a respectable chair to sit on, and I'll show you a teacher who has bought a chair.

Last summer in California, I met a vacationing high-school English teacher from Delaware. He was leaving teaching to work in publishing and expressed some regret: "I'll sure miss the kids." Then he grinned and said, "You won't believe this, but you know one of the things I'm really looking forward to? Having a decent chair to sit on."

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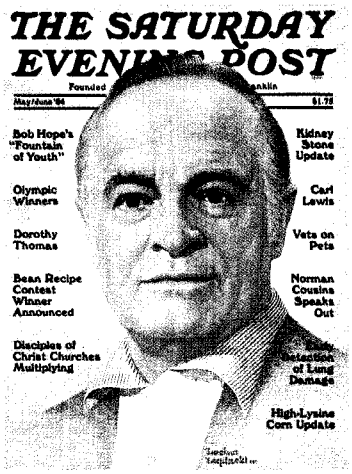
Some researchers now believe that our American salt-heavy diet is the reason we have many more asthmatic children than are found in countries without our salt habit.

Why do we want to put lysine in your shaker? Because lysine is one of the amino acids that make up protein, needed for repair of the body tissues and maintenance of the immune system. And because it cannot be synthesized by the body and must be supplied by the diet. And America's "civilized" diet, with its salt and fatty foods, is shown to contribute to hardening of the arteries and its lethal consequences. A growing number of doctors are now using lysine in the treatment of cold sores,



mononucleosis, shingles, and other herpes-related illnesses. Still other benefits of this essential amino acid are being discovered.

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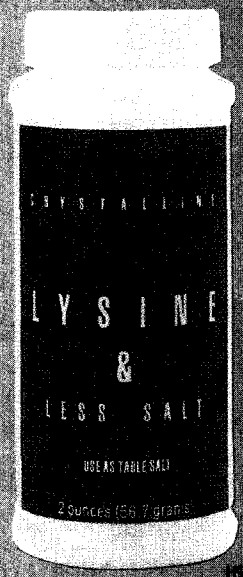

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SECRETS OF VITALITY

"Lack of vitality is a terrible lack. It can mean that you just don't try."

by Katharine Hepburn

The pursuit of life. Vitality. What is it? The Oxford says: power, hold on life, the ability to continue the vital functions, persistent energy.

Now, persistent energy—what is *it*? Oxford says: to continue firmly or absolutely (in opinion, course, doing) especially against remonstrance.

What do I consider my vitality at an age when I should be displaying better sense?—Well, what is it? First, physical vitality: that which makes me clean that room—dig that flower bed.—Well, now, come on, Kath, you didn't actually dig it. You couldn't. You just could not step on that fork hard enough with your messed-up ankle. —Well, yes, brother Bob is visiting and he dug it—then in I got. My hands are strong—I can sift and get out the old crab-grass roots and dump in the topsoil and humus and peat and manure and mix them with the sand. I can crawl through the flower bed—weed. Yes, and I can crawl along the floor—do all the "under things" work. Limited vitality, certainly, but better than nothing.

The pursuit of pleasure. New rules for tennis: hit it to me; I play the singles court, you the doubles; second bounce is O.K. for me—better than nothing.

The pursuit of excitement. Careful on balance. Remember when I used to jump from the four-foot railing on the pier to the end of the springboard and do a 1½?—Oh, yes. Yes, I did. Now. . .the other day I swam over to the pier, and I started to walk out that springboard—semi-low tide—my God. I nearly fell off. So high: eight feet. So narrow: 16 inches. Someone! Please hold my hand. But I got to the end—I dove. . . . No, that didn't bother me. Hadn't bothered me to dive off that boat in *On Golden Pond*. First dive in 30 years. Diving—part of my lifestyle. I did it. I can do it. But now—wow! Well, physical vitality—

lifting, crawling, hitting, running—we can't push the cart faster than the cart is capable of going. Now we try or we don't try; that is vitality of the spirit.

No vitality: I don't believe I can even think about that. I do not have the push to do that. I would like to do it, though. But I don't believe I can. I'm not going to try—no—it's no use.

Vitality: Oh, yes, I'll do that—absolutely. I'll do it. No question. I'll try.

Lack of vitality is a terrible lack. It can mean that you just don't try. Sometimes you have a choice—to try or not to try. And you can't make yourself try. It's that negative attitude and just a terrible habit. Well . . .I just. . .can't. . . .

Wait a minute. Don't say "well" to me. No. No excuses. Think of the big ones: Franklin Roosevelt had infantile paralysis. It didn't keep him down. Nothing could. Only death. He worked with what was left him: his head, his humor, his heart. And it made him a much richer and more generous creature. He'd had an experience very few have. It made him sensitive to the desperation of man. He had a project.

Helen Keller: deaf, blind. She pursued life. She had a project. She made new senses.

Mother Teresa: she is unique. No self problems; she lives entirely for others.

Joan of Arc: she had a vision; she pursued it.

George Bernard Shaw: he worked and worked and worked. He said he only hoped that when he died he would be all used up. (Being a fan of his, I don't like that man who is whispering, "Well, he certainly was.")

Nathan Hale: hanged at 21. "I only regret that I have but one life to *lose* for my country."

Winston Churchill: "We shall not flag or fail. We shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our island, whatever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender." It's thrilling, isn't it? That pursuit. He led us all.

I remember when I was in Hollywood, early on, in the '30s. I used to play tennis with Bill Tilden. He was absolutely fascinating on the subject of winning. He said you could spot a winner. And you could also spot a very fine player who was not destined to be a winner.

It's how hard you try, isn't it? The *pursuit*. I was always impressed by the men who were thrilled by the possibilities of the motion picture and who worked to make it the extraordinary business it is. *Sam Goldwyn, Louis B. Mayer, Harry Cohn*. They were brilliant businessmen—very hard workers. But inside, there was a sensitive and romantic yearning for the magic of love and laughter and the pursuit of whatever seemed to be the light at the end of the tunnel.

We're surrounded by opportunities, aren't we? Isn't it exciting? Little opportunities, big opportunities. All of us. How can we make it better? How can we make it best? For him. For her. For us. The pursuit of perfection. We may not get there, but we can try. That's vitality. That's the pursuit of *life* itself. Isn't it?

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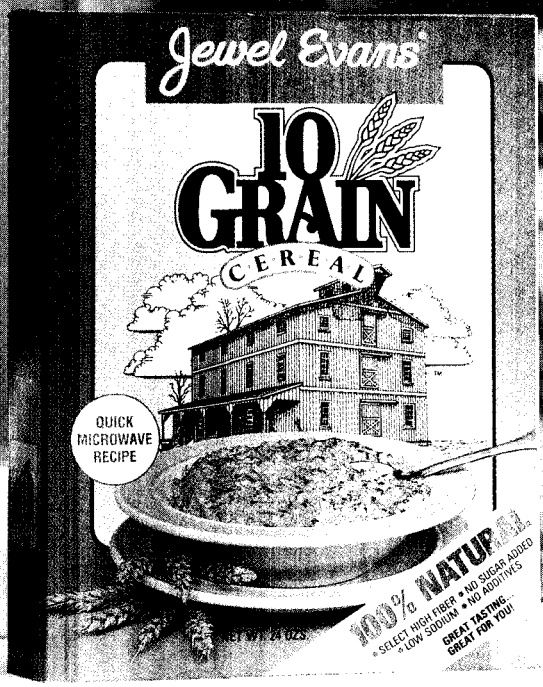

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HOME IMPROVEMENTS

BLOWING AWAY THE CEILING FAN MYTHS

Besides adding an air of luxury, ceiling fans can reduce home energy costs—if you know how to use them.

by Jack Hayes

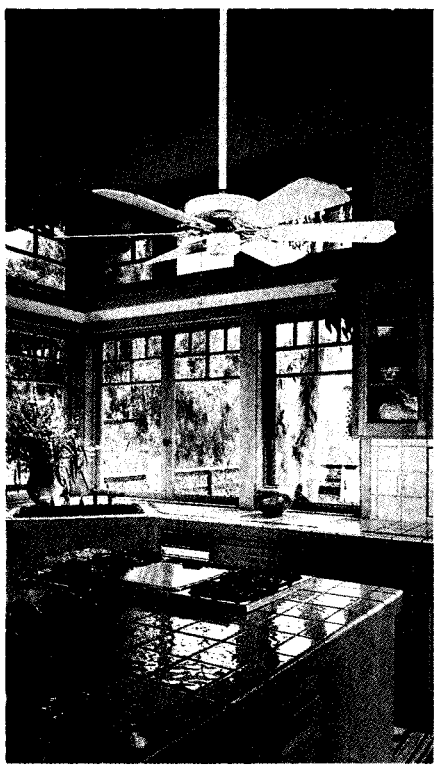
Ceiling fans aren't much understood beyond their common purpose—to circulate air for cooling comfort. They're bought in the wrong sizes and mounted improperly in the wrong places. After that, they're run at the wrong times, the wrong speeds—and even in the wrong direction. A few facts can help homeowners benefit more from their ceiling fans.

For example, in winter a ceiling fan can push heated air down from the top of a room to mix with cooler air at thermostat level. Feeling warmer, you can then roll your thermostat back and give the furnace a break. Because a ceiling fan runs at its slowest speed—in reverse—in the winter, on the average you're only spending a 25-watt light bulb's worth of energy to save considerable energy.

The actual benefit you get from this "destratification" will depend, for starters, on the size of the fan you're using, the size of your home and height of your ceilings, and the amount of insulation in your walls. Energy experts say you can shave as much as 10 percent off your winter heating bill by moving the thermostat from 70 to 65° F.

But the biggest energy assist you'll get from a ceiling fan will come in the warmer months, when you can save as much as 25 percent on air-conditioning costs by moving the thermostat from 70 to 75° F. Then the fan, running at maximum speed, will consume roughly the same energy a 100-watt light bulb does.

Unfortunately, manufacturers of residential ceiling fans have no agreed-upon standards, so there's no easy way for consumers to judge or to compare performance between brands. "Buying blindfolded," the



way one observer puts it, is becoming more common as imported ceiling fans become more popular. One California-based industry consultant estimates that 90 percent of the 9 million ceiling fans shipped in the United States this year will come from foreign manufacturers.

So how do you know what you're buying? "We get daily inquiries on ceiling fans," says Dale Rammien, the director of the Home Ventilating Institute of the Air Movement Control Association. "We can only recommend dealing with companies that have a reputation." Buying from dealers willing to back up their products is also wise. Three American-made brands dealers mentioned are Casablanca, Hunter, and Homestead.

But don't expect dealers to know everything. Some will recommend the 42-inch ceiling fan for most applications. Others will recommend the 52-inch size. In fact, a fan's job is to move air—and its ability to do that depends on the speed, the length, and the pitch of the blades, as well as on the number of blades.

A safe rule says 42-inch fans will move air comfortably in rooms as large as 10′ x 15′. Larger rooms need a 52-inch fan. There's also a 36-inch fan for tiny rooms, including small kitchens. Dr. Fred Rohles, a former director of the Institute for Environmental Research at Kansas State University, recommends two fans when room size is larger than 10′ x 20′.

But for home application, the distance of the fan blades from the ceiling is the major concern. Because safety experts want fan blades at least seven feet above the floor, and because ceilings in most homes are only eight feet high, the industry introduced "hugger" ceiling fans. Experts wonder about the effectiveness of hugger fans. Byron Jones, an associate professor of mechanical engineering who studied ceiling fans with Rohles in the Kansas State "Comfort Lab," says a 52-inch fan won't do its job if the blades are less than a foot from the ceiling. A 42-inch fan can be squeezed within 8 inches of the ceiling—but no closer, Jones says. Thus, ceiling fans are of questionable use on low ceilings. Indeed, they do their best circulating in tall rooms, where expensive heated air gets trapped in the winter.

Today's ceiling fan—whose blades attach directly to a motor shaft—was developed 100 years ago by Philipp Diehl, a New Jersey engineer who also designed a motor to fit the Singer

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commercial sewing machine. It was Diehl who engineered the Electrolier, an electric light chandelier with built-in fan.

Since then, not much has changed in the ceiling fan, except for solid-state technology, which allows more variation in lighting, speed, and on-off control. The most desirable fan feature, aside from appearance, is quiet operation. You can listen in the store, where dealers hang their fans in overhead assortments. To benefit you in winter use, your fan must be reversible, with variable speeds.

"I've seen people look with more scrutiny at a $15 toaster than a $150 ceiling fan," says Ray Bishop, a salesman with Dan's Fan City, a 125-unit specialty chain. About two-thirds of the ceiling fans shipped this year will sell for less than $100. Only 10 percent will sell for more than $150. Like most dealers, Bishop says you have to spend at least $65 for a fan that will run problem free for five years.

You should mount a ceiling fan where it's going to do the most good. Above the dining room table where ceilings are low is a good fan location. "If you don't feel the breeze, then there's not going to be much creature comfort," reasons Jerry Bogage, the president of Leading Edge, a Florida-based maker of commercial ceiling fans. Kansas State's Byron Jones says you won't feel much cooling beyond four diameters of the fan blade. Maximum cooling comes directly beneath the middle of the blade. If your budget has room for only one ceiling fan, then hang it in the room you use most.

Not that you'll break an arm in the ceiling fan, but also consider safety when hanging it. One engineer for the Hunter line of ceiling fans accidentally threw his hands into the blades of a ceiling fan at home once. "It scared me more than anything else," he jokes.

Finally, it's not advisable to hang a fan over the head of your bed. Perhaps it's just superstition, but a New York electrical contractor says he sleeps better with the ceiling fan over his feet instead.

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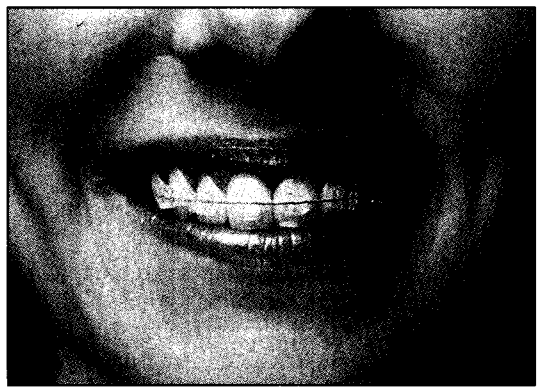
DENTISTRY: FORECASTING THE FUTURE

High-tech dental research is giving patients plenty to smile about—from clear sapphire braces to restorations that may last a lifetime.

by David O. Born, Ph. D.

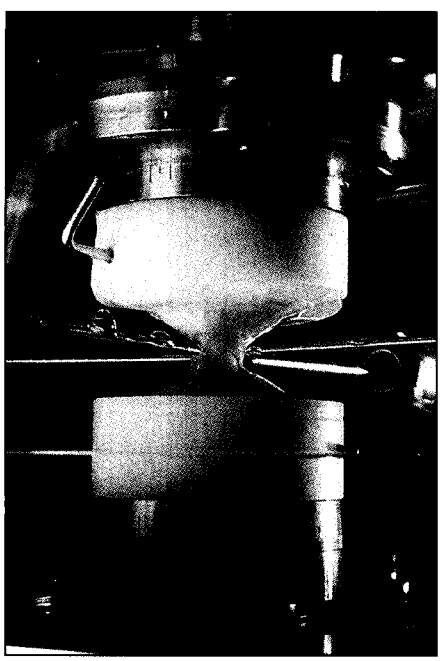
What do synthetic sapphire, hydraulic valves, and computer imagery have to do with your mouth?

If someone asked you that question today, you'd probably answer, "Nothing"—but five or ten years from now, your response might be quite different. Technological advances in such areas as these are pushing back the frontiers of dental knowledge, bringing with them new tools and treatments to help you maintain your dental health.



No more "lead mouth," thanks to virtually invisible orthodontic braces made of sapphire.

The 21st century may well witness dental offices equipped with computerized "drills" that read X-rays and use lasers to carve damaged teeth for new crowns and fillings. New biomaterials will match natural tooth color more closely, and dental restorations will last much longer, perhaps a lifetime. Computers with artificial intelligence will help dentists diagnose complex oral cancer and other diseases more quickly and more accurately. Timed-release fluoride capsules will be attached to the teeth of persons with severe physical handicaps to provide the same preventive effect others achieve from fluoridated dentifrices. Bone regeneration and dental implants will reduce tooth loss and the need for false teeth. When false teeth are needed, they will fit better, look more natural, and cost less. Vaccines may greatly reduce the prevalence of such dental diseases as caries (decay) and periodontitis. Dental surgery will be easier and less painful, and recovery will be much quicker.



An artificial mouth, sprayed with artificial saliva, tests new biomaterials being developed to restore teeth.

Although a decade or more may pass before we see some of these developments, others are rapidly taking their place in dentistry's future. And surprising as it may seem, hydraulic valves, synthetic sapphire, and computers are right up there at the head of the line.

Synthetic sapphire, for example, is an industrial product made from aluminum-oxide crystals. The resulting sapphire has many of the same qualities of the natural gemstone, including its strength, hardness, and transparency. Natural sapphire is bluish, due to impurities in the earth from which it is formed, but these laboratory-grown crystals are as clear as water. Dentists and other scientists at Johnson & Johnson have devised a technique that allows them to shape this synthetic sapphire into orthodontic braces.

The use of synthetic materials in orthodontic appliances is not new, but this sapphire system avoids many of the problems encountered with other "clear" brace systems, such problems as discoloration and distortion. Many people believe that because this new product is aesthetically more pleasing than traditional wire braces, more consumers will be inclined to seek out much-needed orthodontic work.

But synthetic sapphire is just one example of the many technological innovations changing the way dentistry will be practiced in the future.

Consider the matter of hydraulic valves. For all that dentists know about the mouth, their knowledge of chewing and its effects on tooth structure and on restorative materials ("silver" or amalgam fillings, for example) has been limited because of the long periods required for normal chewing to have any effect on either the natural or artificial materials. In years past, when dental scientists wanted to test a new restorative material, such as might be used to construct a new ceramic crown, a sample of the material was subjected to stress testing and put into use, and as the years went by, field reports were compiled to monitor how well the material was actually holding up in patients' mouths.

Thanks to computers, hydraulic valves, and a dose of creative genius, researchers at the University of Min-

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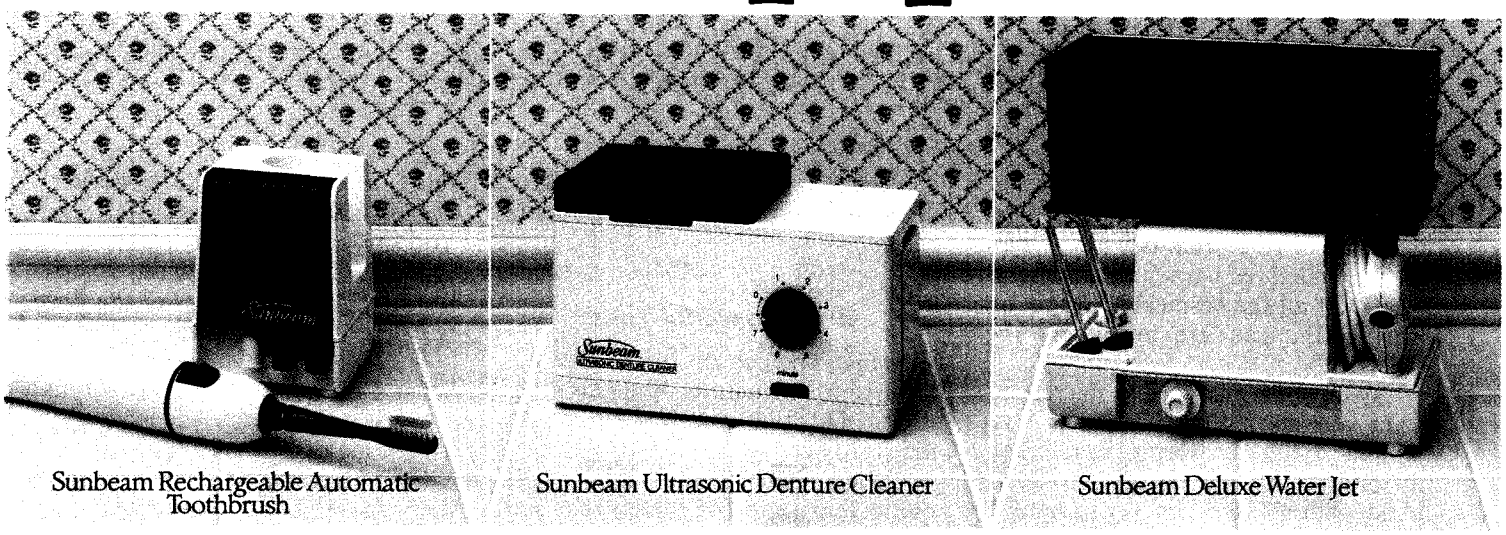
Fitness Equipment.



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nesota can now test materials in an artificial mouth that simulates not only the complex actions required by chewing, but the salivary flow and thermal conditions of the mouth as well. Acting as an almost perfect simulator, the mouth chews at a rate of four "bites" per second and applies the same force as a person would apply. In a mere 24 hours, the artificial mouth accomplishes as much normal chewing as an ordinary person would perform in a year.

The simulated mouth holds from 1 to 32 teeth at once, and each tooth is carefully mapped, using a combination of computer image analysis and topography, before the testing starts. Various measurements are taken as the testing continues, and upon completion, the laboratory's computers can create highly detailed before-and-after statistics and graphic images of the tooth (and its artificial filling). The computer can even compute the differences to show how much material has been lost from the tooth's surface and where the lost material has come from.

Dr. William Douglas, who headed the team that developed the simulated mouth, says: "The implication of this technology on the development and testing of teeth and dental biomaterials is difficult to explain. A good analogy would be the wind tunnels used in aeronautical research. Before the wind tunnel and flight simulators, engineers did their best to design an aerodynamic plane, built it, and hoped it would fly. We've been doing the same thing in dentistry. The artificial mouth will allow us to develop materials which are much stronger and longer lasting than those we've had in the past." Ultimately, the reduced research and development costs may lead to restorative materials less expensive for patients.

What's next in Dr. Douglas' lab? He's trying to figure out a way to build an artificial throat so the simulated mouth can be used to study the effects of food products and dietary patterns on tooth structure. "We've just got to teach the thing to swallow," Dr. Douglas quips.

Speaking of dietary patterns, nutritional researchers at several dental research centers have made major strides toward understanding the biochemical and microbial actions that occur during and after the chewing of foods. One key activity is the breakdown of carbohydrates into the acids that cause tooth decay. Researchers are studying this process and the ways individual food products are broken down in the mouth. Many food products start breaking down into acids almost immediately after entering the mouth and often leave a residue of acid in the mouth that remains for several hours, even after brushing. Such foods are said to be cariogenic, or decay causing. Other foods, such as Cheddar cheese, for example, appear to counteract or inhibit the formation of decay-causing acids.

Because the tendency of various foods to form these decay-causing acids in the mouth can be measured, we may well see the day when food products carry a "caries index" on the package, a numerical figure telling consumers of the relative risk that the product will promote tooth decay.

Any discussion of the future of dentistry would be remiss if it failed to touch on the prospects for a decay-prevention vaccine. A major bacterial

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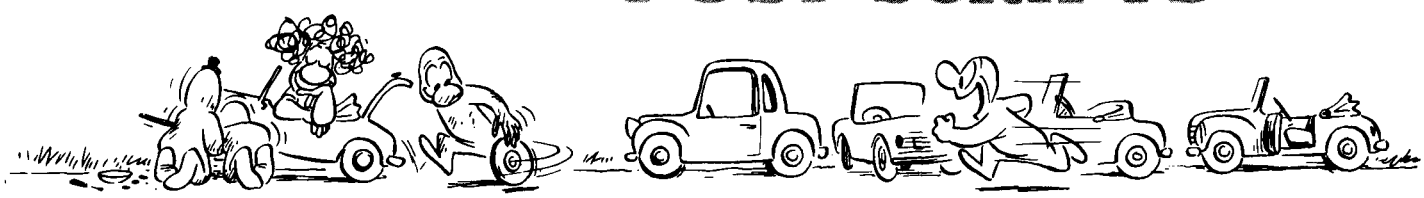
POST SCRIPTS



Tell Me More

A wife was loudly berating her husband in the restaurant one day. Finally, she ended her harangue by screaming, "Of all the despicable people on this earth, you are absolutely the vilest!"

By this time everyone in the restaurant was staring at them. The husband, quickly recovering, said equally loudly, "You are so right, my dear. And what else did you say to him?"

—Kris Lee

Getting the Business

Two Madison Avenue advertising men were chatting over lunch one day about an acquaintance of theirs in the business. The man had just gone to that great big agency in the sky.

"Did you hear about Tom?" one asked. "He died last night."

"Good grief," the other said. "What did he have?"

"Oh, nothing much. Just a small toothpaste account and a beer client—nothing really worth going after."

—Thomas LaMance

It's a Wonderful Town

A man stepped up to the bar and ordered a Manhattan. The bartender mixed the drink and presented it to his customer.

"What's this?" the man asked, holding up a sprig of parsley that had been floating on top of the glass. "I ordered a Manhattan."

"It is a Manhattan," the bartender replied. "That's Central Park."

—Oliver E. Frazier

Matrimonial Math

One and one is true.

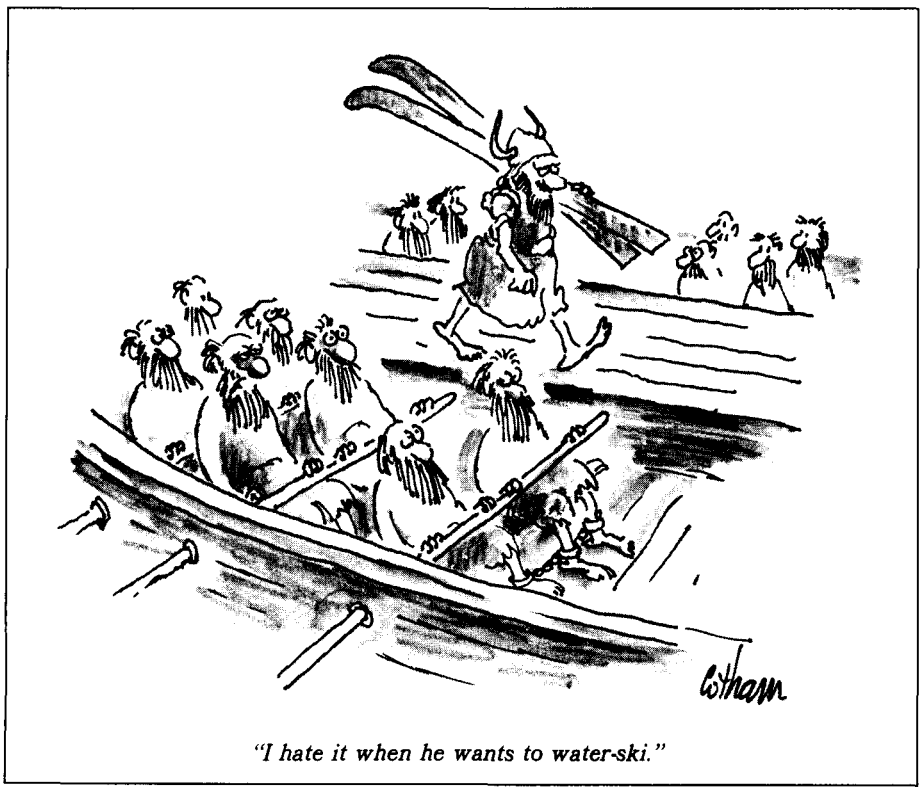
—Charles Ghigna

On the Road Again, Again

You say it's way past time for us
To go and socialize;
But I take trips around the world
Just looking in your eyes.
You say we need the cinema,
The theater, and the dance;
But here at home with you, my love,
Is where I find romance.

What's that you say? You've found
a way
To get me off my duff?
Your mother's coming here tonight?!
Let's go—I've heard enough!

—Charles Ghigna



"I hate it when he wants to water-ski."

You Can Never Go Home Again

Hometowns are sentimentalized
And warmly loved, somehow
More by folks who lived there once
Than those who live there now.

—Muriel Kovinow

Passing Fancy

Our quarterback is handsome
In a virile, manly way,
Drawing female adoration
At every game we play.

He smiles at older ladies
And winks at lissome lasses,
All of whom are hoping
That he'll complete their passes.

—Henry F. Hill

Group Gripe

There are some factions not for me,
Though splendid parties they may be.
The explanation is, I feel,
They've simply got no sect appeal.

—G. Sterling Leiby

The Subtlest of Creatures

A profane man walked up to a new minister and said, "Your face looks familiar, but I can't figure out why. Where in hell have I seen you before?"

"That depends," the minister answered, smiling pleasantly. "What part of hell do you come from?"

—Trenda Leigh

Personal Foul

It's no wonder we have trouble

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with the game of life: we're too accustomed to lines and goal posts.

—Arnot L. Sheppard, Jr.

Covered for Collision

I never tell Satan to get behind me
In any moment of temptation:
I figure that even if he will mind me
He's apt to push from that location.

—S.H. Dewhurst

Grandpa's Health Spa

When I was a kid, we had our own private tanning salon. Only we called it a woodshed.

—Frank Walsh

A-parent-ly So

You know you are really a mother when:

You take the kids out to do errands and find that 50 percent of the day is spent buckling and unbuckling car seat belts and safety seats;

You and your husband are finally alone together, and you find yourselves talking in raised voices to be heard over noise that isn't there;

You are out shopping and suddenly panic when you realize your arms are empty. After screaming, "Where's the baby?" you find him safely snuggled in dad's arms;

You are enjoying an evening out with your husband but find that you only talk about the kids;

Silence is *not* golden. It means the kids are into something.

—Jayne Burchard

Distress Signal

The shipwrecked man alone on a tiny South Pacific isle for weeks was overjoyed when a passing ship sent a small boat ashore. The ensign in charge of the rescue detail stepped onto the beach and handed the man a stack of newspapers.

"The captain's compliments, sir," he said. "He would like you to glance at the headlines to see if you'd still like to be rescued."

—Kenneth E. Hall

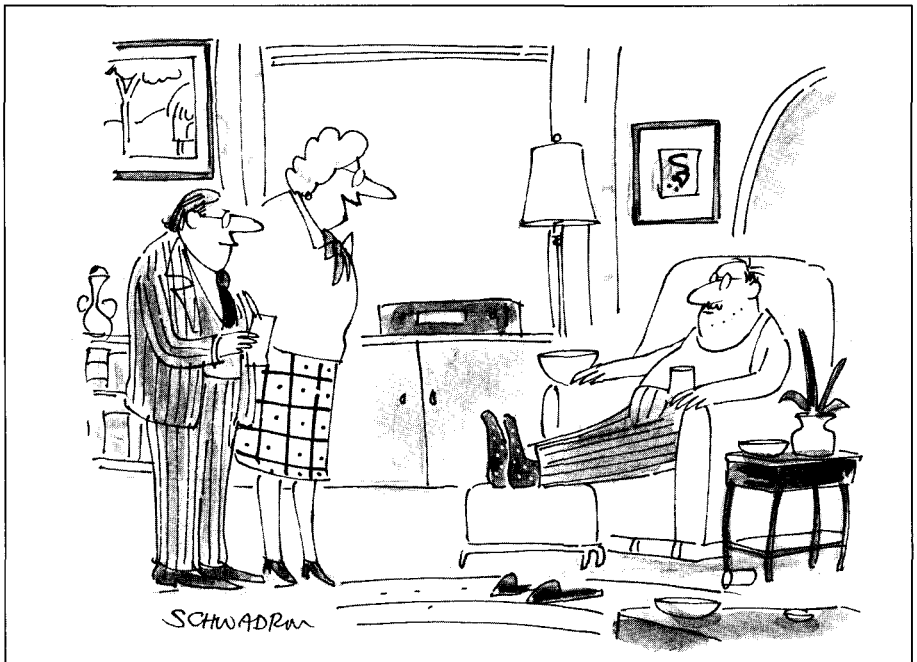
Carry On, Son

A freshly graduated paratrooper stood proudly at attention, awaiting his commander's scrutiny during commencement exercises. The general, lingering in front of the soldier, noticed a loose thread dangling from the young man's uniform.

"Trooper," he barked, "your fatigue jacket is frayed."

Undaunted, the new paratrooper replied, "Sir, beggin' the general's pardon, but this here airborne jacket ain't 'fraid o' nothin'!"

—Martha J. Beckman



"Mr. Nevele, our interior decorator, suggests that we put you in the attic, dear."

Logging the Itinerary

"Is this the place that advertised a $100 cruise?" a customer asked a travel agent.

"Yes," the agent replied. "Step right through that door."

As he entered the darkened room, someone grabbed the customer's money and hit him over the head. When he came to, he found himself strapped to a log floating down the river.

Seeing someone else in the same predicament, he called out, "Are you also on this cruise?"

The other man replied, "Yes."

"Do they serve lunch?"

"Not the last time I took it."

—John A. Johnston

Deaf, but Not Dumb

An old gentleman decided a hearing aid was too expensive, so he got an ordinary piece of wire and wrapped it around his ear.

"Do you hear better now with that wire around your ear?" a friend asked.

"No," the old man replied. "But now everybody talks louder."

—Oliver E. Frazier

Hear Me Out

A minister's sermon concerned the relationship between fact and faith.

"That you sit before me in this church," he said, "is fact. That I'm standing at this pulpit preaching to you today is fact. But it's only faith that makes me believe anyone out there is listening."

—B. Bader

Show Me the Way to Go Home

An 80-year-old man sat crying his eyes out on a park bench. "What's the trouble, mister?" a cop asked.

"I have a 27-year-old wife at home," the man sobbed. "She's beautiful; she's a gourmet cook; and she's madly in love with me."

"So, what's the problem?"

"I can't remember where I live!"

—Joan A. Dekas

In Other Words

Show business: Fraudville
Music criticism: Sound judgments
Eavesdropping: Ear, there, and everywhere
Coffee hound: Caffiend
Procrastination: All in a day's shirk

—Jack Gramling

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JOHNNY PYE AND THE FOOL-KILLER

If he could answer one question—how a man could be human yet not a fool—the Fool-Killer would let him off "permanent."

by Stephen Vincent Benét

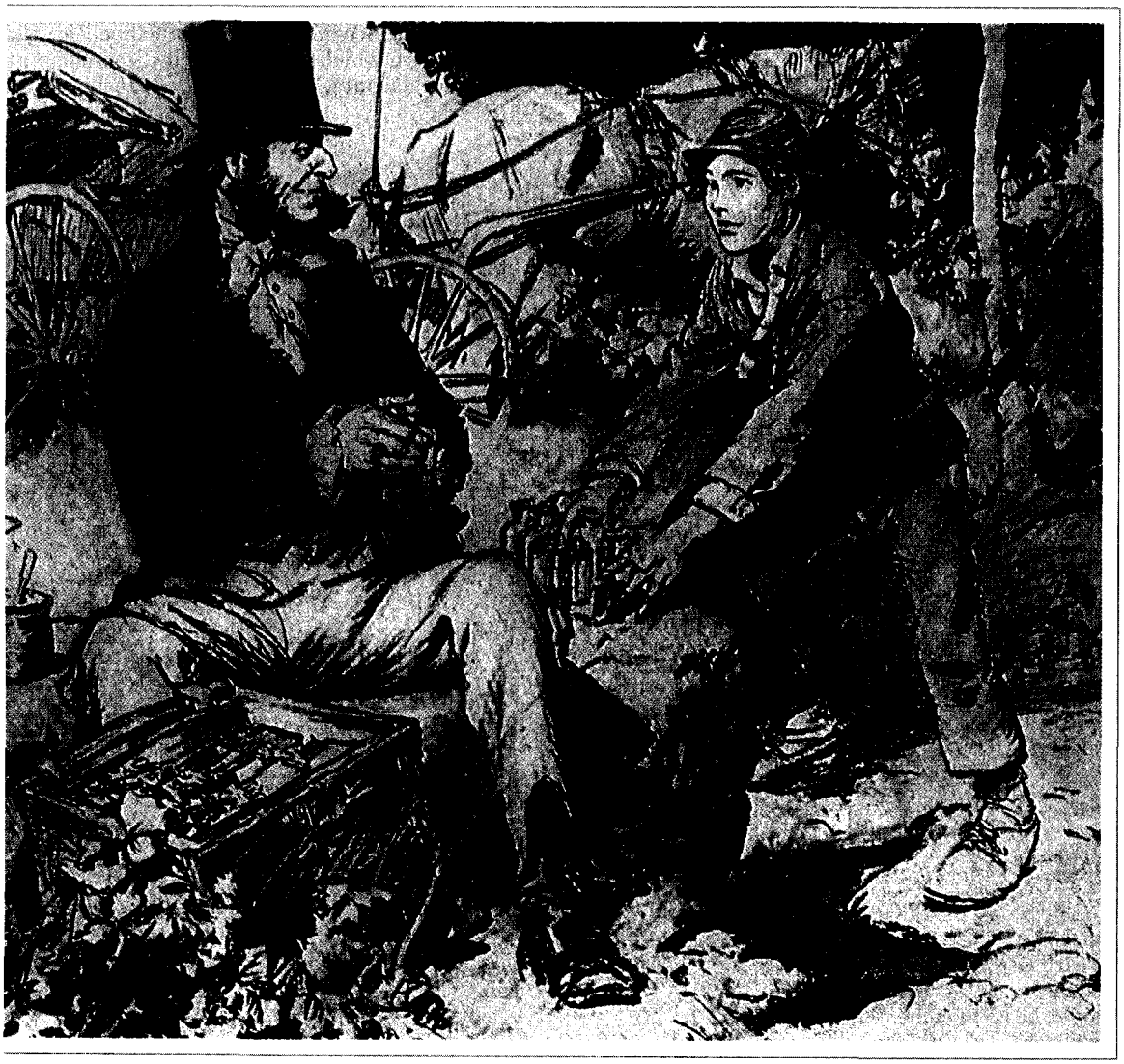
Illustrated by F.R. Gruber

You don't hear so much about the Fool-Killer these days, but when Johnny Pye was a boy there was a good deal of talk about him. Some said he was one kind of person, and some said another, but most people agreed that he came around fairly regular. Or, it seemed so to Johnny Pye. But then, Johnny was an adopted child, which is, maybe, why he took it so hard.

The miller and his wife had offered to raise him, after his own folks died, and that was a good deed on their part. But, as soon as he lost his baby teeth and started acting the way most boys act, they started to come down on him like thunder, which wasn't so good. They were good people, according to their lights, but their lights were terrible strict ones, and they believed that the harder you were on a youngster, the better and brighter he got. Well, that may work with some children, but it sure didn't with Johnny Pye.

He was sharp enough and willing enough—as sharp and willing as most boys in Martinsville. But, somehow or other, he never seemed to be able to do the right things or say the right words—at least when he was home. Treat a boy like a fool and he'll act like a fool, I say, but there's some folks need convincing. The miller and his wife thought the way to smarten Johnny was to treat him like a fool, and finally they got so he pretty much believed it himself.

And that was hard on him, for he had a boy's imagination, and maybe a little more than most. He could stand the beatings and he did. But what he couldn't stand was the way things went at the mill. I don't suppose the miller intended to do it. But, as long as Johnny Pye could remember, whenever the miller heard of the death of somebody he didn't like, he'd say, "Well, the Fool-Killer's come for so-and-so," and sort of smack his lips. It was, as you might say, a family joke, but the miller was a big man with a big red face, and it made a strong impression on Johnny Pye. Till, finally, he got a picture of the Fool-Killer, himself. He was a big man, too, in a checked shirt and corduroy trousers, and he went walking the ways of the world, with a hickory club that had a lump of lead in the end of it. I don't know how Johnny Pye



Johnny Pye vowed to learn the herb doctor's fine trade and become just as clever a pitchman. Cleverness, he figured, was sure to keep him out of the Fool-Killer's grasp.

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got that picture so clear, but, to him, it was just as plain as the face of any human being in Martinsville. And, now and then, just to test it, he'd ask a grown-up person, kind of timidly, if that was the way the Fool-Killer looked. And, of course, they'd generally laugh and tell him it was. Then Johnny would wake up at night, in his room over the mill, and listen for the Fool-Killer's step on the road and wonder when he was coming. But he was brave enough not to tell anybody that.

Finally, though, things got a little more than he could bear. He'd done some boy's trick or other—let the stones grind a little fine, maybe, when the miller wanted the meal ground coarse—just carelessness, you know. But he'd gotten two whippings for it, one from the miller and one from his wife, and at the end of it, the miller had said, "Well, Johnny Pye, the Fool-Killer ought to be along for you most any day now. For I never did see a boy that was such a fool." Johnny looked to the miller's wife to see if she believed it, too, but she just shook her head and looked serious. So he went to bed that night, but he couldn't sleep, for every time a bough rustled or the mill wheel creaked, it seemed to him it must be the Fool-Killer. And, early next morning, before anybody was up, he packed such duds as he had in a bandanna handkerchief and ran away.

". . .the Fool-Killer ought to be along for you most any day now. For I never did see a boy that was such a fool."

He didn't really expect to get away from the Fool-Killer very long—as far as he knew, the Fool-Killer got you wherever you went. But he thought he'd give him a run for his money, at least. And when he got on the road, it was a bright spring morning, and the first peace and quiet he'd had in some time. So his spirits rose, and he chucked a stone at a bullfrog as he went along, just to show he was Johnny Pye and still doing business.

He hadn't gone more than three or four miles out of Martinsville, when he heard a buggy coming up the road behind him. He knew the Fool-Killer didn't need a buggy to catch you, so he wasn't afraid of it, but he stepped to the side of the road to let it pass. But it stopped, instead, and a black-whiskered man with a stovepipe hat looked out of it.

"Hello, bub," he said. "Is this the road for East Liberty?"

"My name's John Pye and I'm 11 years old," said Johnny, polite but firm, "and you take the next left fork for East Liberty. They say it's a pretty town—I've never been there myself." And he sighed a little, because he thought he'd like to see the world before the Fool-Killer could catch up with him.

"H'm," said the man. "Stranger here, too, eh? And what brings a smart boy like you on the road so early in the morning?"

"Oh," said Johnny Pye, quite honestly, "I'm running away from the Fool-Killer. For the miller says I'm a fool and his wife says I'm a fool and almost everybody in Martinsville says I'm a fool except little Susie Marsh. And the miller says the Fool-Killer's after me—so I thought I'd run away before he came."

The black-whiskered man sat in his buggy and wheezed for a while. When he got his breath back, "Well, jump in, bub," he said. "The miller may say you're a fool, but I think you're a right smart boy to be running away from the Fool-Killer all by yourself. And I don't hold with small-town prejudices and I need a right smart boy, so I'll give you a lift on the road."

"But, will I be safe from the Fool-Killer, if I'm with you?" said Johnny. "For, otherwise, it don't signify."

"Safe?" said the black-whiskered man, and wheezed again. "Oh, you'll be safe as houses. You see, I'm a herb doctor—and some folks think, a little in the Fool-Killer's line of business, myself. And I'll teach you a trade worth two of milling. So jump in, bub."

"Sounds all right the way you say it," said Johnny, "but my name's John Pye," and he jumped into the buggy. And they went rattling along toward East Liberty with the herb doctor talking and cutting jokes till Johnny thought he'd never met a pleasanter man. About half a mile from East Liberty, the herb doctor stopped at a spring.

"What are we stopping here for?" said Johnny Pye.

"Wait and see," said the doctor, and gave him a wink. Then he got a haircloth trunk full of empty bottles out of the back of the buggy and made Johnny fill them with spring water and label them. Then he added a pinch of pink powder to each bottle and shook them up and corked them and stowed them away.

"What's that?" said Johnny, very interested.

"That's Old Doctor Waldo's Unparalleled Universal Remedy," said the doctor, reading from the label. "Made from the purest snake oil and secret Indian herbs, it cures rheumatism, blind staggers, headache, malaria, five kinds of fits, and spots in front of the eyes. It will also remove oil or grease stains, clean knives and silver, polish brass, and is strongly recommended as a general tonic and blood purifier. Small size, $1.00—family bottle, $2.50."

"But I don't see any snake oil in it," said Johnny, puzzled, "or any secret Indian herbs."

"That's because you're not a fool," said the doctor, with another wink. "The Fool-Killer wouldn't, either. But most folks will."

And, that very same night, Johnny saw. For the doctor made his pitch in East Liberty and he did it handsome. He took a couple of flaring oil torches and stuck them on the side of the buggy; he put on a diamond stickpin and did card tricks and told funny stories till he had the crowd goggle-eyed. As for Johnny, he let him play on the tambourine. Then he started talking about Doctor Waldo's Universal Remedy, and with Johnny to help him, the bottles went like hot cakes. Johnny helped the doctor count the money afterward, and it was a pile.

"Well," said Johnny, "I never saw money made easier. You've got a fine trade, doctor."

"It's cleverness does it," said the doctor, and slapped him on the back. "Now a fool's content to stay in one place and do one thing, but the Fool-Killer never caught up with a good pitchman yet."

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"Well, it's certainly lucky I met up with you," said Johnny, "and, if it's cleverness does it, I'll learn the trade or bust."

So he stayed with the doctor quite awhile—in fact, till he could make up the remedy and do the card tricks almost as good as the doctor himself. And Johnny admired the doctor and the doctor liked Johnny, for Johnny was a biddable boy. But one night they came into a town where things didn't go as they usually did. The crowd gathered as usual, and the doctor did his tricks. But, all the time, Johnny could see a sharp-faced little fellow going through the crowd and whispering to one man and another. Till, at last, right in the middle of the doctor's spiel, the sharp-faced fellow gave a shout of "That's him all right! I'd know them whiskers anywhere!" and, with that, the crowd growled once and began to tear slats out of the nearest fence. Well, the next thing Johnny knew, he and the doctor were being ridden out of town on a rail, with the doctor's long coattails flying at every jounce.

"That's him all right!" and, with that, the crowd growled once and began to tear slats out of the nearest fence.

They didn't hurt Johnny particular—him only being a boy. But they warned 'em both never to show their faces in that town again, and then they heaved the doctor into a thistle patch and went their ways.

"Owooo!" howled the doctor, "ouch!" as Johnny was helping him out of the thistle patch. "Go easy with those thistles! And why didn't you give me the office, you blame little fool?"

"Office?" said Johnny. "What office?"

"When that sharp-nosed man started snooping around," said the doctor. "I thought that infernal main street looked familiar—I was through there two years ago, selling solid gold watches for a dollar apiece."

"But the works to a solid gold watch would be worth more than that," said Johnny.

"There weren't any works," said the doctor, with a groan, "but there was a nice lively beetle inside each case and it made the prettiest tick you ever heard."

"Well, that certainly was a clever idea," said Johnny. "I'd never have thought of that."

"Clever?" said the doctor. "Ouch—it was ruination! But who'd have thought the fools would bear a grudge for two years? And now we've lost the horse and buggy, too—not to speak of the bottles and the money. Well, there's lots more tricks to be played and we'll start again."

But, though he liked the doctor, Johnny began to feel doubtful. For it occurred to him that if all the doctor's cleverness got him was being ridden out of town on a rail, he couldn't be so far away from the Fool-Killer as he thought. And, sure enough, as he was going to sleep that night, he seemed to hear the Fool-Killer's footsteps coming after him—step, step, step. He pulled his jacket up over his ears, but he couldn't shut it out. So, when the doctor had got in the way of starting business over again, he and Johnny parted company. The doctor didn't bear any grudge; he shook hands with Johnny and told him to remember that cleverness was power. And Johnny went on with his running away. He got to a town, and there was a store with a sign in the window, BOY WANTED, so he went in.

There, sure enough, was the merchant, sitting at his desk, and a fine, important man he looked, in his black broadcloth suit. Johnny tried to tell him about the Fool-Killer, but the merchant wasn't interested in that. He just looked Johnny over and saw that he looked biddable and strong for his age. "But, remember, no fooling around, boy!" said the merchant sternly, after he'd hired him.

"No fooling around?" said Johnny, with the light of hope in his eyes.

"No," said the merchant, meaningly. "We've no room for fools in this business, I can tell you! You work hard, and you'll rise. But, if you've got any foolish notions, just knock them on the head and forget them."

Well, Johnny was glad enough to promise that, and he stayed with the merchant a year and a half. He swept out the store, and he put the shutters up and took them down; he ran errands and wrapped up packages and learned to keep busy 12 hours a day. And being a biddable boy and an honest one, he rose, just like the merchant had said. The merchant raised his wages and let him begin to wait on customers and learn accounts. And then, one night, Johnny woke up in the middle of the night. And it seemed to him he heard, far away but getting nearer, the steps of the Fool-Killer after him—tramping, tramping, tramping.

He went to the merchant next day and said, "Sir, I'm sorry to tell you this, but I'll have to be moving on."

"Well, I'm sorry to hear that, Johnny," said the merchant, "for you've been a good boy. And, if it's a question of salary——"

"It isn't that," said Johnny, "but tell me one thing, sir, if you don't mind my asking. Supposing I did stay with you—where would I end?"

The merchant smiled. "That's a hard question to answer," he said, "and I'm not much given to compliments. But I started, myself, as a boy, sweeping out the store. And you're a bright youngster with lots of go-ahead. I don't see why, if you stuck to it, you shouldn't make the same kind of success that I have."

"And what's that?" said Johnny.

The merchant began to look irritated, but he kept his smile.

"Well," he said, "I'm not a boastful man, but I'll tell you this. Ten years ago I was the richest man in town. Five years ago, I was the richest man in the county. And five years from now—well, I aim to be the richest man in the state."

His eyes kind of glittered as he said it, but Johnny was looking at his face. It was sallow-skinned and pouchy, with the jaw as hard as a rock. And it came upon Johnny that moment that, though he'd known the merchant a year and a half, he'd never really seen him enjoy himself except when he was driving a bargain.

"Sorry, sir," he said, "but, if it's like that, I'll certainly have to go. Because, you see, I'm running away from the Fool-Killer, and, if I stayed here and got to be like you, he'd certainly catch up with me in no——"

"Why, you impertinent young

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cub!" roared the merchant, with his face gone red all of a sudden. "Get your money from the cashier!" and Johnny was on the road again before you could say "Jack Robinson." But, this time, he was used to it, and walked off whistling.

Well, after that, he hired out to quite a few different people, but I won't go into all of his adventures. He worked for an inventor for a while, and they split up because Johnny happened to ask him what would be the good of his patent, self-winding, perpetual-motion machine, once he did get it invented. And, while the inventor talked big about improving the human race and the beauties of science, it was plain he didn't know. So that night, Johnny heard the steps of the Fool-Killer, far off but coming closer, and, next morning, he went away. Then he stayed with a minister for a while, and he certainly hated to leave him, for the minister was a good man. But they got talking one evening, and, as it chanced, Johnny asked him what happened to people who didn't believe in his particular religion. Well, the minister was broad-minded, but there's only one answer to that. He admitted they might be good folks—he even admitted they mightn't exactly go to hell—but he couldn't let them into heaven, no, not the best and the wisest of them, for there were the specifications laid down by creed and church, and, if you didn't fulfill them, you didn't.

Johnny always knew Susie Marsh was pretty, but now when he looked at her, his heart gave a jump.

So Johnny had to leave him, and, after that, he went with an old drunken fiddler for a while. He wasn't a good man, I guess, but he could play till the tears ran down your cheeks. And, when he was playing his best, it seemed to Johnny that the Fool-Killer was very far away. For, in spite of his faults and his weaknesses, while he played, there was might in the man. But he died drunk in a ditch, one night, with Johnny to hold his head, and, while he left Johnny his fiddle, it didn't do Johnny much good. For, while Johnny could play a tune, he couldn't play like the fiddler—it wasn't in his fingers.

Then it chanced that Johnny took up with a company of soldiers. He was still too young to enlist, but they made a kind of pet of him, and everything went swimmingly for a while. For the captain was the bravest man Johnny had ever seen, and he had an answer for everything, out of regulations and the Articles of War. But then they went West to fight Indians and the same old trouble cropped up again. For, one night the captain said to him, "Johnny, we're going to fight the enemy tomorrow, but you'll stay in camp."

"Oh, I don't want to do that," said Johnny. "I want to be in on the fighting."

"It's an order," said the captain, grimly. Then he gave Johnny certain instructions and a letter to take to his wife.

"For the colonel's a copper-plated fool," he said, "and we're walking straight into an ambush."

"Why don't you tell him that?" said Johnny.

"I have," said the captain, "but

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he's the colonel."

"Colonel or no colonel," said Johnny, "if he's a fool, somebody ought to stop him."

"You can't do that, in an army," said the captain. "Orders are orders." But it turned out the captain was wrong about it, for, next day, before they could get moving, the Indians attacked, and got badly licked. When it was all over, "Well, it was a good fight," said the captain, professionally. "All the same, if they'd waited and laid an ambush, they'd have had our hair. But as it was, they didn't stand a chance."

"But why didn't they lay an ambush?" said Johnny.

"Well," said the captain, "I guess they had their orders too. And now, how would you like to be a soldier?"

"Well, it's a nice outdoors life, but I'd like to think it over," said Johnny. For he knew the captain was brave and he knew the Indians had been brave—you couldn't find two braver sets of people. But, all the same, when he thought the whole thing over, he seemed to hear steps in the sky. So he soldiered to the end of the campaign and then he left the army, though the captain told him he was making a mistake.

By now, of course, he wasn't a boy any longer; he was getting to be a young man with a young man's thoughts and feelings. And, half the time nowadays he'd forget about the Fool-Killer except as a dream he'd had when he was a boy. He could even laugh at it now and then, and think what a fool he'd been to believe there was such a man.

But, all the same, the desire in him wasn't satisfied, and something kept driving him on. He'd have called it ambitiousness, now, but it came to the same thing. And with every new trade he tried, sooner or later would come the dream—the dream of the big man in the checked shirt and corduroy pants, walking the ways of the world with his hickory stick in one hand. It made him angry to have that dream, now, but it had a singular power over him. Till, finally, when he was turned 20 or so, he got scared.

"Fool-Killer or no Fool-Killer," he said to himself, "I've got to ravel this matter out. For there must be some one thing a man could tie to, and be sure he wasn't a fool. I've tried cleverness and money and half a dozen other things, and they don't seem to be the answer. So now I'll try book learning and see what comes of that."

So he read all the books he could find, and whenever he'd seem to hear the steps of the Fool-Killer coming for the authors—and that was frequent—he'd try and shut his ears. But some books said one thing was best and some another, and he couldn't rightly decide.

"Well," he said to himself, when he'd read and read till his head felt as stuffed with book learning as a sausage with meat, "it's interesting, but it isn't exactly contemporaneous. So I think I'll go down to Washington and ask the wise men there. For it must take a lot of wisdom to run a country like the United States, and if there's people who can answer my questions, it's there they ought to be found."

So he packed his bag and off to Washington he went. He was modest, for a youngster, and he didn't intend to try and see the president right away. He thought probably a congressman was about his size. So he saw a congressman, and the congressman told him the thing to be was an upstanding young American and vote the Republican ticket—which sounded all right to Johnny Pye, but not exactly what he was after.

Then he went to a senator, and the senator told him to be an upstanding young American and vote the Democratic ticket—which sounded all right, too, but not what he was after, either. And, somehow, though both men had been impressive and affable, right in the middle of their speeches he'd seemed to hear steps—you know.

But a man has to eat, whatever else he does, and Johnny found he'd better buckle down and get himself a job. It happened to be with the first congressman he struck, for that one came from Martinsville, which is why Johnny went to him in the first place. And, in a little while, he forgot his search entirely and the Fool-Killer, too, for the congressman's niece came East to visit him, and she was the Susie Marsh that Johnny had sat next to in school. She'd been pretty then, but she was prettier now, and as soon as Johnny Pye saw her, his heart gave a jump and a thump.

"And don't think we don't remember you in Martinsville, Johnny Pye," she said, when her uncle had explained who his new clerk was. "Why, the whole town'll be excited when I write home. We've heard all about your killing Indians and inventing perpetual motion and traveling around the country with a famous doctor and making a fortune in dry goods and—oh, it's a wonderful story!"

"Uh, well," said Johnny, and coughed, "some of that's just a little bit exaggerated. But it's nice of you to be interested. So they don't think I'm a fool any more in Martinsville?"

"I never thought you were a fool," said Susie with a little smile, and Johnny felt his heart give another bump.

"And I always knew you were pretty, but never how pretty till now," said Johnny, and coughed again. "But, speaking of old times, how's the miller and his wife? For I did leave them right sudden, and while there were faults on both sides, I must have been a trial to them, too."

"They've gone the way of all flesh," said Susie Marsh, "and there's a new miller now. But he isn't

continued on page 78

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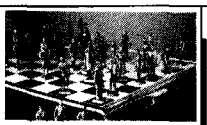

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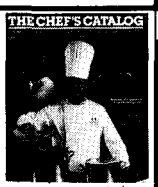

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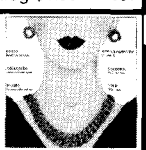

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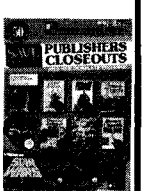

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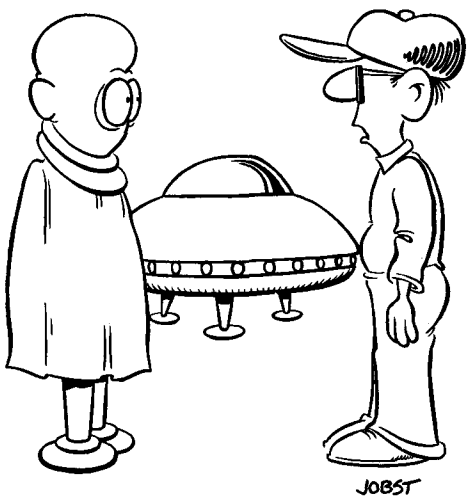

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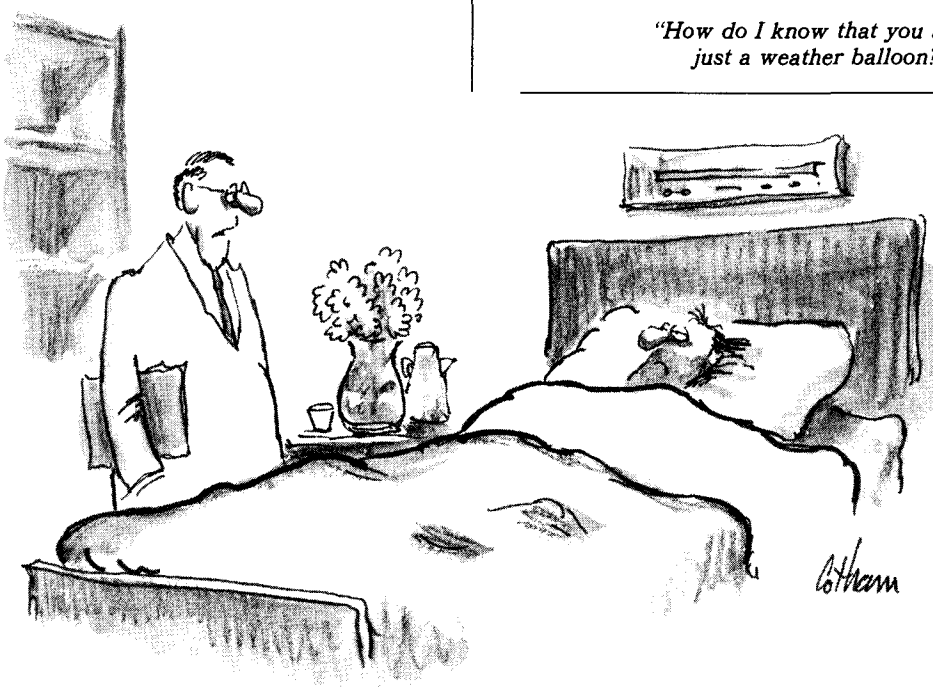

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CLINT EASTWOOD: SMALL-TOWN MAYOR

In his real-life role as mayor of Carmel, California, Eastwood's popularity remains as strong as ever.

by Walter Roessing

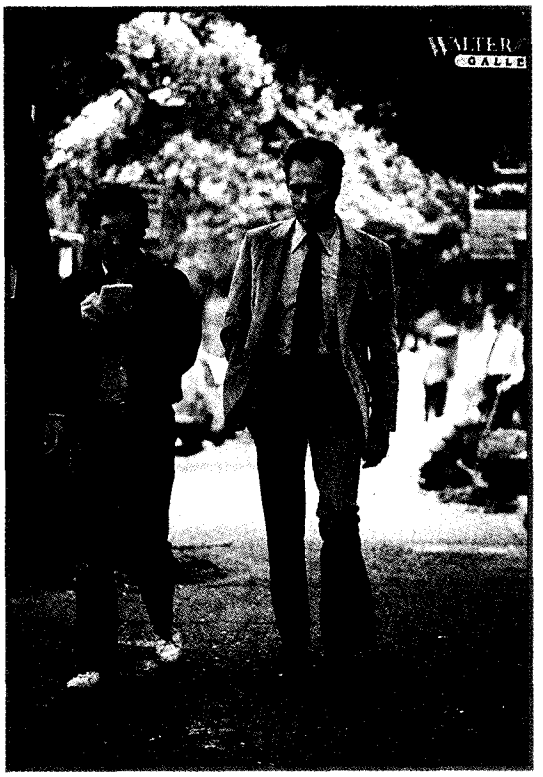
On most Tuesday nights, the downtown streets of Carmel-by-the-Sea are so quiet the seagulls outnumber the people ten to one. But on the first Tuesday of each month, this idyllic, upscale resort town—situated on the famed Monterey Peninsula about 120 miles south of San Francisco—takes on an entirely different character. That's the night Mayor Clint Eastwood, America's perennial No. 1 box-office favorite, steps into the limelight to preside over Carmel's city-council meeting.

The 15-year Carmel resident was elected to the two-year mayoral post in April 1986 when he thrashed his incumbent opponent by almost a 3-1 margin. Since that election, he has given his mayoral job priority over his movie career, making only one film (*Heartbreak Ridge*), in 1986.

In his new role as small-town mayor, Eastwood's popularity remains as strong as ever. Indeed, inside the Carmel Women's Club on the first Tuesday of each month, some 200 tourists, townspeople, and journalists arrive early to make sure they get seats.

At one recent council meeting, newspaper reporters from New York, Melbourne, and London competed for front-row seats with a matronly Eastwood fan who had driven all day to attend the proceedings. Elsewhere in the jammed-to-capacity room, a noisy, circus-like atmosphere prevailed. Starry-eyed teen-age girls giggled and chattered; local citizens argued about pro-growth versus no-growth; and tourists readied their cameras for Eastwood's arrival.

But all the hullabaloo halted when Eastwood stepped center stage, banged his gavel, and proclaimed: "The Pledge of Allegiance tonight will be led by Boy Scout Troop 6 of Carmel-by-the-Sea."



Mayor Clint makes a reporter's day by explaining how he plans to handle some of his town's burning issues, such as parking and development.

Hours later, when the meeting ended, most of Eastwood's fans had already left. Still loyal to the end, however, was that middle-aged fan, who had gazed adoringly at the mayor the entire evening. Her patience was rewarded: Eastwood not only signed an autograph but also posed for a photo with her.

Also rewarded for their patience were the members of the press, who zeroed in on the mayor with such questions as: "When your term is up, will you seek reelection? Or will you run for higher office?" True to the Dirty Harry character Eastwood plays in the movies, he winced and squinted disapprovingly at some of the questions. Nevertheless, he did his best to answer each one.

The questions about his political future seemed right on target. That's because Eastwood's popularity as a big-time movie star in a small-town political environment has fueled rumors that this registered Republican might seek higher office, such as governor, senator, or even president. After all, he's been a guest at Ronald Reagan's ranch in Santa Barbara and at the White House. However, before you begin thinking of Eastwood as a presidential successor to his fellow actor Reagan, listen to what this devout "Carmelite" has to say about such unfounded talk.

Speaking slowly in his low, gravelly baritone, Eastwood explains, "Everybody keeps talking about me going on to another political office. But that's not my ambition at all. I only took this job because it's in the community where I live. This is where I want to stay." He adds that it's "way too early" to consider a second term as mayor—though that subject is on everyone's mind.

To most people, serving as the mayor of a pocket-size resort town seems rather dull in comparison to Eastwood's status as a filmland superstar. But the tall, lanky, 57-year-old actor insists that being the mayor of Carmel is anything but boring. He calls his job "interesting, challenging, and quite different, because I've never been in a political office before." Then, with a touch of dry humor, he quips, "I make $200 a month on this job—and some people think I'm overpaid."

Despite insisting the job is "interesting," His Honor dislikes all the media attention, because, down deep,

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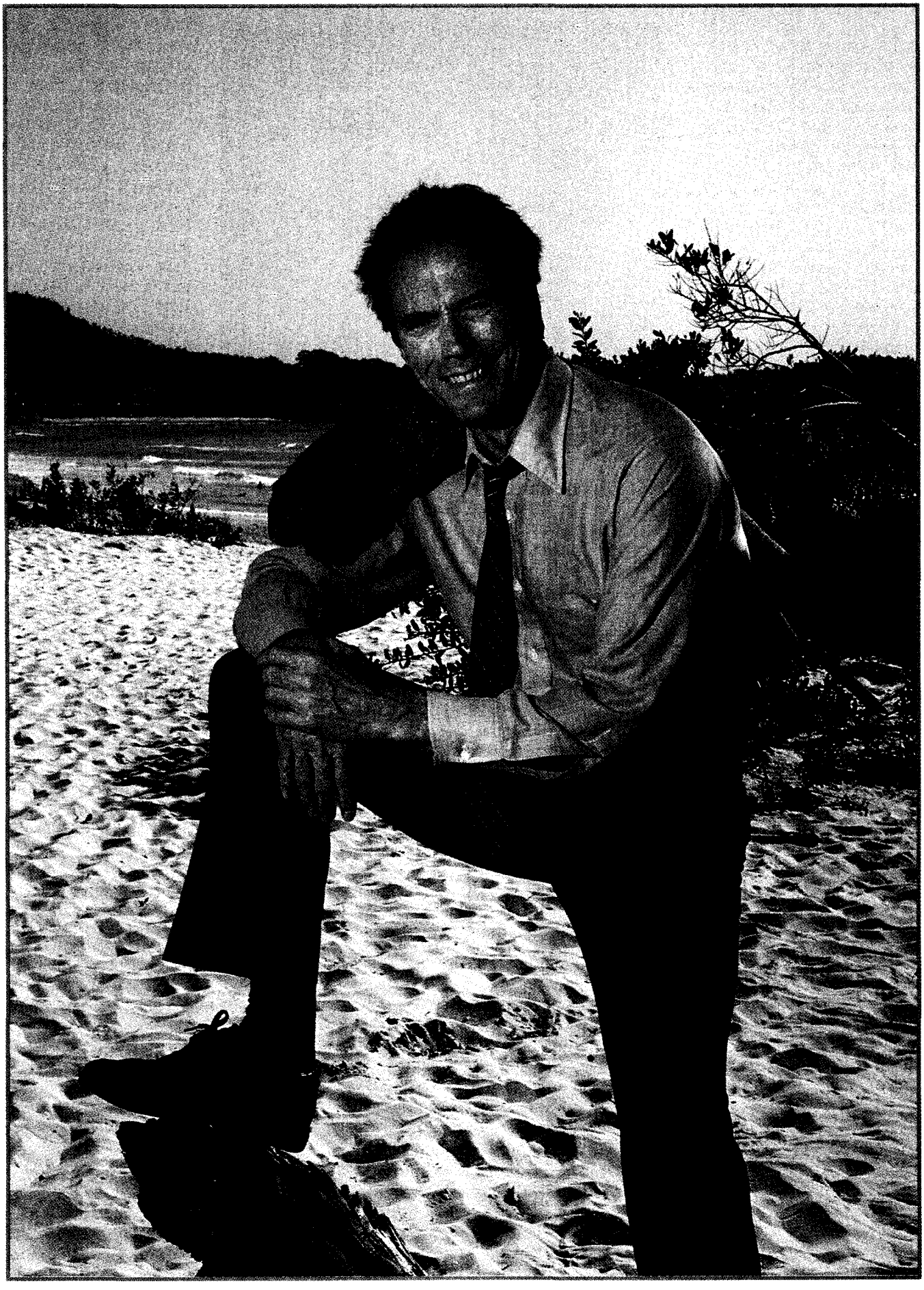

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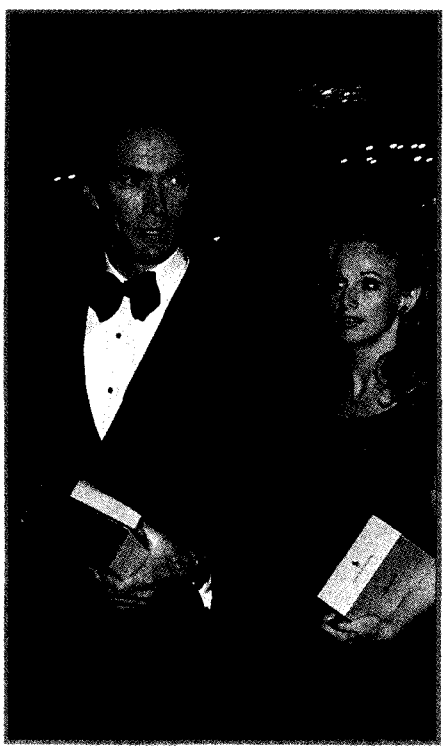
he's really a shy, sincere, and very personal individual who enjoys his privacy. Asked if the job of mayor has been a big infringement on his privacy, Eastwood mumbles, "Absolutely—yeah. I've always enjoyed privacy. But once I decided I wanted to run for mayor, I knew I had to forgo that privacy for the time being."

Some Carmel residents believe their privacy has suffered, too, from having a celebrity mayor. They complain their town is changing from an artist's hideaway and quaint tourist retreat to a klieg-light "Clintville." Tour buses now unload swarms of gawking visitors who can't wait to buy the cheap "Mayor Clint" T-shirts, trinkets, and souvenirs that prevail in some shops along Ocean Avenue, the town's main street. To accommodate the increase in tour buses, the city council recently extended the parking time from 20 to 40 minutes on some streets.

The out-of-towners—now labeled "tour-orists" by some residents—besiege the locals for information about where to catch a glimpse of Hollywood's most famous tough-guy. And when spotted in public, Eastwood is fair game for young and old alike. "The groupies, including those from both out-of-town and Carmel, will practically throw themselves in front of his car," says Sue Hutchinson, his assistant.

Eastwood finds his $200-a-month job "interesting" and admits, "Some people think I'm overpaid."



Actress Sondra Locke teams up with Eastwood in movies as well as romance.

This box-office heavyweight is surprised by the continued and constant adulation. Naturally, he expected *some* commotion when he announced his campaign in January 1986. The cartoonist Garry Trudeau responded by devoting a week of his "Doonesbury" comic strip to the election. And reporters and TV crews from several continents were stacked up three deep to talk to Eastwood and his two opponents.

Eastwood says today, "Robert Redford was on some sanitation district in Provo [Utah] and nobody made a big deal about it. Maybe if it had been Paso Robles [California] or somewhere else, they wouldn't have thought so much about it. The town of Carmel is like a co-star."

The mayor has a point.

Carmel, the crown jewel of the Monterey Peninsula, is a fairy-tale hamlet with gingerbread houses, quaintly named streets, picturesque bed-and-breakfast inns, stunning physical beauty, 80 art galleries, and traditional seaside charm. The picture-postcard community for some 4,800 affluent residents includes a downtown area acclaimed as a shopper's and gourmet's paradise. Just a few blocks from the town's center is the main beach, a fantastic curving swath of white sand that tiptoes into the cobalt waters of the Pacific. Compact Carmel has *no* chamber of commerce, franchise outlets, neon signs, numbered addresses, traffic lights or parking meters, or buildings more than three stories high.

Before Eastwood became mayor, the area's major attractions were the AT&T (formerly the Crosby) golf tournament in February, the Carmel Bach Festival in July, and the Monterey Jazz Festival in January and September. And before 1986, Eastwood had maintained a low profile—as had other local celebs named Doris Day, Merv Griffin, Paul Anka, and Joan Fontaine. So why did Eastwood decide to give up his privacy and become a candidate for mayor? Why did he go looking for a fistful of votes instead of a fistful of dollars?

It all started in 1985, when Eastwood threatened to sue the council. He argued it placed undue restrictions on a two-story office and commercial building he wanted to erect on the lot he owns adjacent to a restaurant he co-owns. Town fathers eventually accepted a modified design for his $1 million office-retail project.

Subsequently, Eastwood began testing the political waters by paying for a citywide telephone poll. Pleased with the results, he held strategy sessions with community leaders. Finally, he tossed his Stetson into the ring—decrying the "kill-joy mentality" of Mayor Charlotte Townsend and the council toward tourists and local businesses. He contended: "I've lived here a lot of years, and I just want to put something back into the community. This mayor and this council have just been too unreasonable in trying to thwart growth, trying to stop everything. We can't stand still forever."

Denying he was development happy, Eastwood went door-to-door to meet voters. In this nonpartisan race, he reportedly spent nearly $25,000 in a town where $750 had been regarded as a huge campaign war chest. But whether the deciding factor was issues, stardom, or money, Eastwood emerged victorious.

The new mayor quickly cleaned house on the planning commission. Then he approved reconstruction of a parking lot and stairways by the beach and cleared the way for eating

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ice-cream cones in public again. Earlier this year the council agreed to lay plans for building a library annex in an old bank.

Although Eastwood supports progress and change, he's determined to maintain the town's idyllic charm. He explains, "The people who were deposed would love to see me say, 'Build a 75-story hotel at the foot of Ocean Avenue.' But that's just not going to happen. I'm the last person to advocate that sort of thing. The realities have set in—everybody feels the same way about preserving the town."

Indeed, Eastwood recently demonstrated his environmentalism by purchasing the 22-acre Mission Ranch to protect its untouched pastures from eager developers. Carmel had tried unsuccessfully to buy the former dairy farm, which houses a bed-and-breakfast inn, tennis courts, a barn, and a popular restaurant and piano bar. It's guesstimated the wealthy movie star spent $5 million to buy the property—about $1 million shy of Carmel's annual budget.

"I think what he's done is absolutely magnificent," says one of a group of residents dedicated to preserving the ranch. "Our intention has always been to keep the land from developers. When Clint came along and did it all by himself, it saved us a monumental task. I'm just thrilled to death." Eastwood has promised not to build on the property, and he's asked the preservationists to advise him on land-use matters.

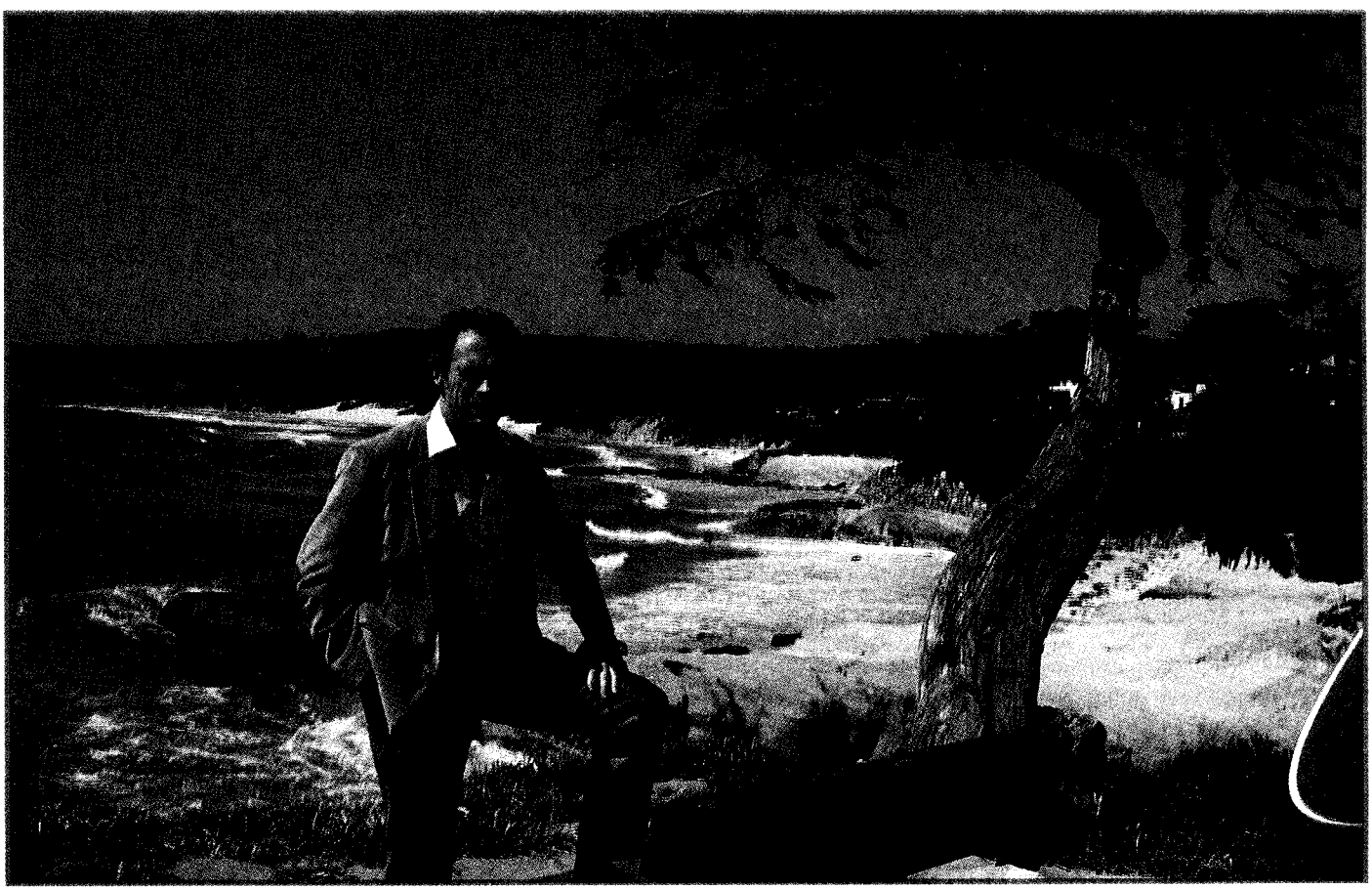
Most Carmel citizens believe their mayor is a real nice guy. So do the people who have worked for him in Hollywood, some of whom have been with him ten years. Incidentally, it looks as though both his children will follow in dad's footsteps. His son, Kyle, 18, and his daughter, Alison, 14, have already appeared with him in a couple of movies. And right now Kyle is studying film at USC.

However, of all the roles Eastwood plays—father, actor, director, producer, mayor—there is one other he'd like to accomplish. Eastwood, a passionate golfer, says, "I'd like to play a pro golfer who wins the AT&T Pebble Beach pro-am. That would be nice. You know, my first association with the Crosby [now the AT&T] golf tournament was in 1951 when I was a GI at Ft. Ord. I was sneaking into the Clambake by telling the guy at the door that I was the assistant to Art Rosenbaum of the [*San Francisco*] *Chronicle.* Since then, I've always had a great affinity for sportswriters."

This 15-handicap golfer no longer has to sneak onto the Pebble Beach golf course—he's on the tournament's board of directors. Moreover, there has been talk of calling the annual tournament the "Clint Eastwood/AT&T Pro-Am Golf Tournament." Eastwood, modest despite his fame, isn't likely to push the idea himself.

Lots of good things keep happening to this son of an Oakland blue-collar worker. He still wonders why he's so popular. "I don't know the answer," says the ruggedly handsome actor, who looks the same in person as he does on the big screen. He continues, "If I knew why I was so popular, then I'd be able to bottle it or sell it or write a book about it and say, 'Here's the answer.' "

Actor-mayor Clint Eastwood of Carmel-by-the-Sea is proof positive that nice guys can win, too. ★



Denying any higher political aspirations, Eastwood says Carmel is a big enough arena for him. "I only took this job because it's in the community where I live."

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STRESS: MARRIAGE VS. JAIL TERM

The judge may sentence you to one-to-five, but hubby finds that may be better than till death do us part.

by Maynard Good Stoddard

Illustrated by Don Trawin

I have just come across a chart listing "Life's Events According to Stress." And the reason I am taking typewriter in hand (no mean trick in itself) is to complain about "Marriage" being placed way down in the No. 7 spot. That isn't the worst of it. What has really got my hackles up is that "Jail Term" has been rated No. 4, for Pete's sake!

There are husbands, I'm sure, who would go so far as to say that the two entries are synonymous. But not me, brother. I may be in enough trouble for suggesting that the questionnaire that gathered the information must have been sent to wives and bachelors only.

When it comes to the event called Marriage, I have been a participant since December 7, 1941. (Or was that the beginning of our war with Japan? I get the two dates confused.) Anyway, when it comes to stress, I have come to envy the wet bird perched on a high-tension wire and scratching out lice.

A wet bird has never had to lather its face with Cool Whip because the last of its shaving cream was used in decorating the Christmas tree.

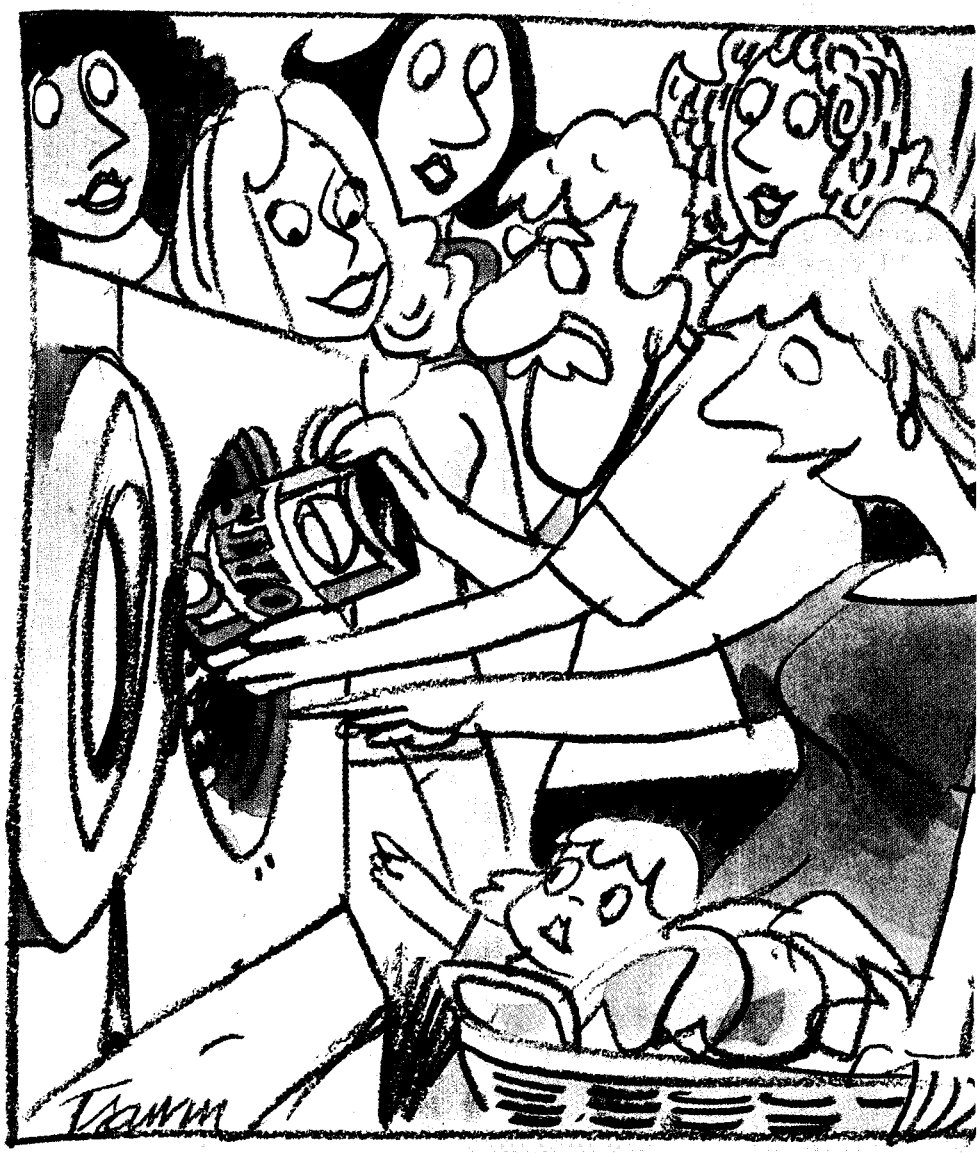
A wet bird has never known the stress of hearing its mate call through the bathroom door, "I forgot to tell you, I painted the toilet seat!"

A wet bird has never been required to return a pound cake to the Kroger store because it weighed only 14½ ounces.

A wet bird has never answered the phone to hear his mate say, "Hanlon Bros. Hardware doesn't have a two-inch socket wrench. Should I get two one-inchers?"

Much of the stress in marriage, according to other authorities, arises from money. Not money per se but the lack thereof. Of which we have plenty. Of lack, that is. The way my mate gets rid of money you'd think that it was printed by lepers. And that the quicker she can get rid of the stuff, the less risk she runs of having her skin fall off.

Sales are one of the favorite conveniences for saving her hide. If this woman who united her plight with mine in the trough of holy wedlock, or however that goes, sees a $12.95 lobster pot reduced to $7.98, I might as well begin taking off the car door



And there was the time I left my glasses at home, hoping to look virile rather than studious, and a lovely specimen of womanhood took the trouble to inform me that I was putting oatmeal instead of detergent into my machine.

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and removing the back seat, because she's going to buy it. It matters not that the nearest lobster is 900 miles from Owen County, Indiana, as long as she beat the lobster-pot retailers out of a handsome $4.97.

Another stress that has raised its ugly head at our house concerns hubby's staying home while wife, an R.N., is employed. Made all the more stressful when wife is convinced that free-lance writing and retirement are one and the same. I am equally convinced that a wife keeps a score sheet on her husband's peccadilloes when she is in charge of the housework. We're talking here of maybe leaving the cap off the toothpaste tube, hanging his pajamas on the bedroom floor, polishing his black shoes on her white cat—little things like that. Now along comes the old switcheroo: she's out of the house and he's at home. And he's going to pay. . . pay. . .PAY!

In those halcyon days when I would come home from selling pantyhose door-to-door, my dear wife would have the house so tidy I'd think company was coming. Today, she isn't home ten minutes before our joint could qualify for a federal loan as a disaster area.

The bathroom in particular is where she becomes a horse of a different color, you might say. (*You* might say it, but not me, brother.) The things that come out of her hair alone are enough to camouflage the lavatory top and the toilet-tank cover.

The other night I saw something wiggling in the mess and killed it with my shaving cream can. After its demise wife let me know that I had demised her one and only "switch." And she wouldn't even help me clean the shaving cream off the walls and the ceiling.

There's another little matter. Now that I am preparing the meals (or mess, as she jokingly refers to them) and she has the latest thing in dishwashers—a husband at home—wife thinks nothing of emptying the cupboards at every meal. Frankly, I don't think much of it myself.

Take breakfast alone. It's separate spoons for coffee, grapefruit, and oatmeal, a knife for scraping the toast, another for spreading the butter. What she does with a fork is beyond me, unless she uses it to scratch her head. And I never have enough dishes on the table. Don't be surprised if the next issue of the *Guinness Book of World Records* lists me as the only man to wear out a set of dishes by washing.

In the meantime, I am bending over backward trying to hold dirty dishes to a minimum. If I use the meat cleaver for hacking up a butternut squash, I use the cleaver for paring the potatoes and dicing the carrots. I'll admit it's not easy spreading margarine on whole-wheat bread with a meat cleaver, but it can be done. I've found it is also possible to eat your salad off a Job Squad paper towel.

Eating ice cream from the scoop, however, I can't recommend. After I got my tongue caught under that little metal ejector a few nights ago, I was obliged to call upon you-know-who to extricate me.

Another marriage stress that by no means helps the blood-pressure reading concerns her shopping for groceries on her way home from work. Her morning ritual is to crumb the last of the bread in the house for the birds, leaving me to construct my luncheon sandwich out of left-over butternut squash laminated between two soda crackers. Which is also for the birds, if she wants my opinion—which she hasn't asked for yet. The highlight of my midday dining of late has been a slab of cheese too hard for the mousetraps and a doggie bag from Ponderosa that wife forgot to feed to the dogs. And then she comes waddling in at night with a head of lettuce and a can of crushed pineapple for our dinner. Seems she is still stuffed from her cafeteria luncheon menu of beef and noodles, baked potato, creamed corn, and hot rolls, with Bavarian cream pie to fill in the chinks.

The third half of stress in our marriage (two halves can't cover it all) has to do with her laundry and the few little items I add from time to time. "Would you like to knock off washing windows and go to town with me?" was her subtle approach one Saturday morning. "I've got some laundry to do."

Since I was done with the windows anyway, except for the one in the shed and those in either end of the attic, I, like an innocent lamb to the slaughter, let her untie the hard knot with which she had secured my rubber apron, and we drove to Spencer. There, after graciously toting her basket of clothes into the Odd Sock laundry, I sat down with a copy of the *Evening World* that had evidently managed somehow to survive the rinse cycle.

"Watch me now," my mate called before I'd even had time to interpret the headline. So I watched her blithely toss the clothes into the washer, gaily fling in a handful of detergent, and complacently deposit three quarters into the slot. "There, do you think you can handle that?" she triumphantly asked.

The opinion you may have already formulated of me to the contrary, I'm no dummy. Of course I could handle that. A kid could handle that. But I haven't been able to hire one to do it.

Now that I have got my feet wet (an understatement), I have found that the laundry is the social center of Spencer. More to the point, the clientele runs 98 percent to healthy young women. And they get in each other's way trying to teach me the fine points of laundering.

My next-of-tub approached me one day, wiping her face on a pillow slip, and explained that it wasn't necessary to lift the lid on my machine to peek in and see how things were going. And there was the time I left my glasses at home, hoping to look virile rather than studious, and a lovely specimen of womanhood took the trouble to inform me that I was putting oatmeal instead of detergent into my machine. It was the longest day I've ever spent.

As for Jail Term being rated three notches ahead of Marriage on that stress chart, the wives and bachelors should have been around when I surprised my dear wife one night by having her pantyhose all ironed when she came home. That would have scrambled their ratings for good. And I haven't even mentioned a wife's way with things mechanical. Nor am I about to. Our marriage has enough stress as it is.

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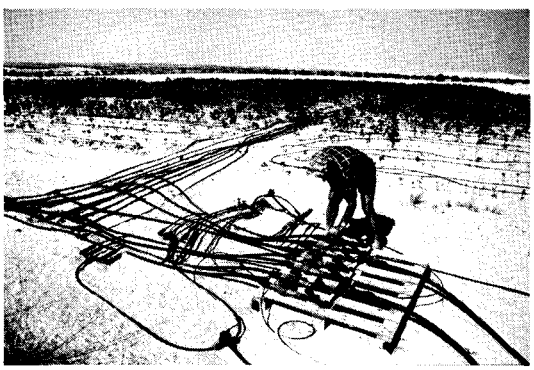
ISRAEL'S MIRACLE FOOD FROM THE DESERT

From sand and little but salty water, the farmers of the Negev Desert are feeding themselves and much of Europe.

by Jonathan D. Auerbach

Imagine a vast expanse of moonscape rock and sand, a desolate hothouse since prehistory. Here at the lowest point on earth—1,200 feet below sea level—where the sun shines an average of 355 days and barely an inch of rain falls each year, where daytime temperatures can exceed 120° F., is the Negev Desert, the southern two-thirds of Israel. And that's where Kalman Eisenmann makes a nice living growing tomatoes, peppers, and melons.

"Call me a conjurer, not a farmer," says Mr. Eisenmann, a pioneering member of the Ne'ot Hakikar settlement in the Dead Sea area of the Negev. With an admiring smile, he points across the desert's sandy monochrome at the striking landscape of Ne'ot Hakikar's rich harvest. Mirage-like, acres of colorful vegetables ripen in the hot sun. But more remarkable are the crops' genetical engineering and their irrigation with super-salty, "brackish" water from large aquifers beneath the Negev. Eisenmann calls it "nudging divinity with modern science."

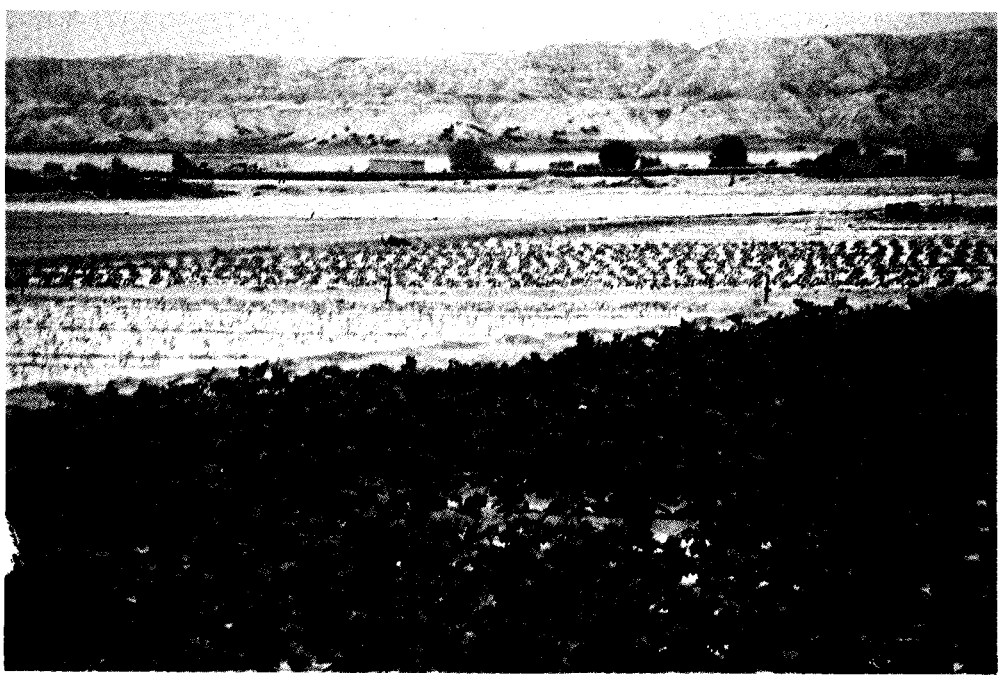


Using anti-evaporation irrigation, farmers conjure crops from the desolate sands at Ramat HaNegev.

Israel's dramatic greening of the Negev with brackish water is indeed a technological and biological breakthrough. It portends a revolution in the management of land and water resources in desert environments. And although once the Negev was pronounced "uninhabitable," today it is home to 445,000 Jews and 55,000 Bedouins and to more than 250 thriving agricultural settlements.

The brackish water pumped from the Negev's aquifers has 20 times the salt content of drinking water. "Desalination is too expensive, so we developed varieties of plants that soak up everything except salt," says Menachem Perlmutter, the architect of the Negev settlements plan. But, he adds, it took six years of "sand storms and bad harvests before we balanced the biodynamics of water, nutrients, salt, and sun."

At the Ramat HaNegev Experimental Agricultural Station, under a blazing blue sky, Haim Zaban, an Israeli brackish-water expert and one of the world's leading agronomists, shows off his "desert designer crops." Waving a bunch of ripe asparagus, he says, "They're good-looking and great tasting. Besides, if they weren't delicious, no one would care how good they look." In brackish-water agriculture, a controlled "salt stress" boosts sugar content and adds flavor to fruits and vegetables, Dr. Zaban explains. "I've buried, salted, sunburned, drowned, mutated, and otherwise punished untold thousands of crop varieties," he says, in order to perfect



Miles of melons carpet the desert at Ne'ot Hakikar in the Dead Sea area of the Negev. Plastic coverings protect the younger sprouts on the right.

Export-grade fruits and vegetables grow plump and sweet on a liquid diet of fertilizer and brackish water.

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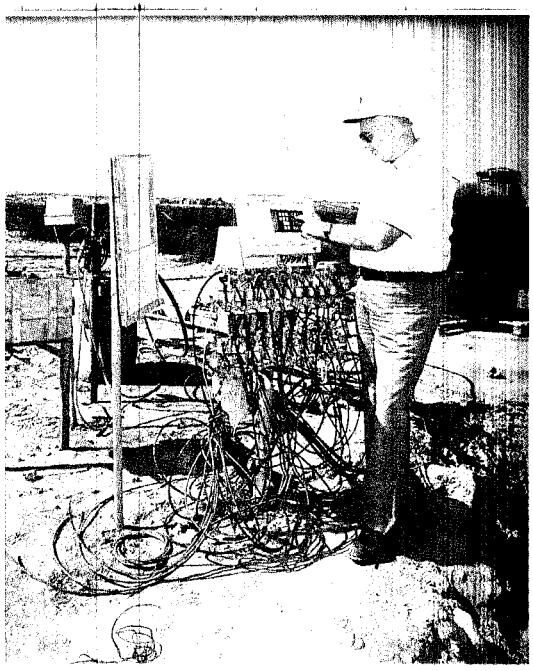
such strains as the Negev tomato, prized in Europe for its rich taste and its one-month shelf life.

Back at Ne'ot Hakikar, Eisenmann walks through a field heavy with the scent of onions and points to what looks like a big birdhouse on a stand—a solar-powered computer from Motorola Israel Ltd.: "I call it Einstein. It's the brains of the operation."

The computer automatically "fertigates" the fields. It's like farming by eye dropper: a supply of fertilizer and brackish water is dripped into individual plant roots through thin plastic tubing—an anti-evaporation method developed by Israel in the 1960s and now used throughout the world. Fertigation in sand, the desert's ready resource, solves the problems of salt burn on plant leaves, moisture-seeking pests, and soil-borne crop diseases, Eisenmann explains. "And with this," he says, crouching beside a uniform row of jumbo eggplant and holding out a remote-control calculator, "I can run the computer from my living room."

Genetic tinkering has also helped make every drop count. Vivid green against a stark desert backdrop, 4,000 midget peach trees, densely packed into an acre, yield the same quantity of fruit per tree as 160 normal-sized trees would. Nearby, golden fields of midget wheat able to produce 35 percent more grain per acre than full-size plants are ready for harvest.



Menachem Perlmutter, the architect of the Negev settlements, has only to push the right button to "fertigate" acres of crops.

In recent years, brackish-water agriculture has achieved record strides and enabled Israel to export 50 percent of its produce. Cotton yields in the Negev outstrip those of California, Arizona, and Egypt; peanut yields are four times higher than those of Georgia and West Virginia. "In a few years the Negev will be Europe's main winter vegetable basket," says Shula Shacham, who lives with her family on the Ein Yahav settlement, south of Ne'ot Hakikar.

Three times a year, Ein Yahav's high-yield melons, tomatoes, eggplants, peppers, dates, zucchini, and avocados are shipped to the markets of Europe weeks or months before local produce arrives. Each farmer at Ein Yahav, harvesting crops three or four times a year, grows about 60 tons of food per acre—four to six times what a farmer in the United States might grow yearly.

"Even my youngster is a sophisticated food-production engineer," Mrs. Shacham says, sending her off to check a nearby melon patch. Then Shacham leads the way to a crop bed under development, where deep-rooted terebinth trees and date palms have been planted as a break against wind and erosion. Next, tractors and bulldozers sent by the Jewish National Fund, Israel's land-reclamation agency, will level the desert surface before planting. Her daughter returns and hands over a large, ripe cantaloupe. "Export grade, sweet as ice cream," says Shacham, who cuts and offers a bright orange slice from the fruit.

The Negev brackish-water aquifers, a quarter the size of the desert, contain 300 billion cubic meters. Even larger deposits are believed to lie under the great Saharan tracts of Africa and in the Third World, where drought and hunger are prevalent and food supplies inadequate. There, desertification has already claimed millions of acres, and every year it encroaches unchecked on millions more. Hence, many are viewing Israel's success in the Negev as a prototype for combating hunger problems in the world's arid zones.

The American Society for Horticultural Science recently called Israeli automated desert-agriculture technology "one of the most significant advances in food production in the past 100 years." With support from the U.S. Agriculture Department, Israeli farmers are helping Navajo families in Arizona's Painted Desert stretch their scant water resources.

continued on page 80

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THE WILD SIDE OF TELEVISION ADVERTISING

What happens when Merrill Lynch's bulls are less than bullish about being in a TV commercial?

by Jane Maas

Illustrated by Marcus Hamilton

There is a rule in the world of TV commercials: "If it involves animals, double the price." The same rule holds true for fractious celebrities and babies. I have not yet been involved with babies, and all the celebrities I have worked with were lambs, but the animals were sometimes more than an animal act.

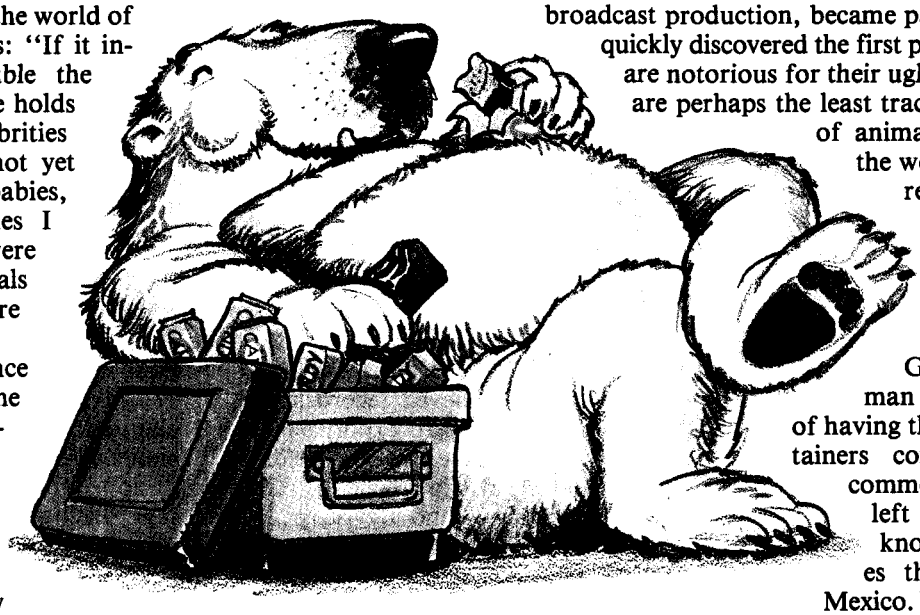
My first experience was working with the doves in the Dove-for-Dishes campaign. Each commercial began with a dove flying across the screen and into somebody's window while a startled onlooker exclaimed, "I could have sworn I saw a dove fly into Susie Smith's window!" The birds were put through their paces by the same man who trained the birds for Alfred Hitchcock's film of the same name. Some days our doves sailed gallantly into the window for take after take. Some days they sulked.

When they didn't perform on cue, a prop man would tie string to their feet and yank them through the window. The doves would screech and spread their wings in protest, giving us some of our most dramatic footage. The string was invisible on film, and the ASPCA never showed up at the studio, so nobody ever complained. Except the doves.

Another hazard of working with birds came when they got away from their trainer and nested in the topmost rafters of the studio. Wardrobe mistresses had to hold umbrellas (high enough to be out of camera range) over the actors to protect them from unseemly accidents that could delay filming. The rest of us just took cover.

My copy-group head, Gene Grayson, had a cute idea for advertising Milky Way candy bars during the summer months, when many people like to freeze them. He wanted to have a polar bear take a Milky Way out of an ice container, eat the bar and then say, through the voice of an actor, "I'm a bear for frozen Milky Ways."

The client loved the storyboard. He gave the agency an immediate go-ahead. Jack Silverman, then the head of broadcast production, became part of the team. He quickly discovered the first problem. Polar bears are notorious for their ugly dispositions; they are perhaps the least tractable and trainable of animals. Scouts scoured the world, and we finally received the news that one fairly docile polar bear existed. She was in the zoo at Mexico City.



How do you get a bear to take a frozen Milky Way from an ice container without smashing the container? You don't.

Grayson and Silverman took the precaution of having three special ice containers constructed for the commercial before they left New York, not knowing what resources they might find in Mexico. Each had a carefully silk-screened picture of the Milky Way bar on the lid.

In Mexico City, the bear's keeper suggested that the surest way to lure the bear toward the chest was to fill the inside with lots of fish oil—the smellier the better—in addition to the Milky Way bars. The camera rolled, the polar bear hurried toward the luscious smell inside the chest, and she fiddled for several moments with the cover.

Nobody had considered that polar bears are not all that adept at opening ice chests. The polar bear, a svelte young female weighing more than 900 pounds, lost patience, reared on her hind legs, and smashed the chest to smithereens. One down, two to go.

Cue another chest, cue the codfish oil, cue the bear. The bear smashed the second chest, too, only this time she smashed it faster, having learned from experience. With only one chest left to go, Silverman had a prop man with a fishing rod hang over the bear pit. As the bear approached the chest and seemed to reach for it, the prop man jerked the rod and the lid flew open. The bear appeared on film to be going bonkers over Milky Ways.

Grayson recalls: "Do you have any idea how strong codfish oil smells? Combined with the smell of polar bear, it's even more pungent. Toss in two days of shooting in heat over one hundred degrees. Jack Silverman and I had to throw away all our clothes, but people still avoided us for weeks."

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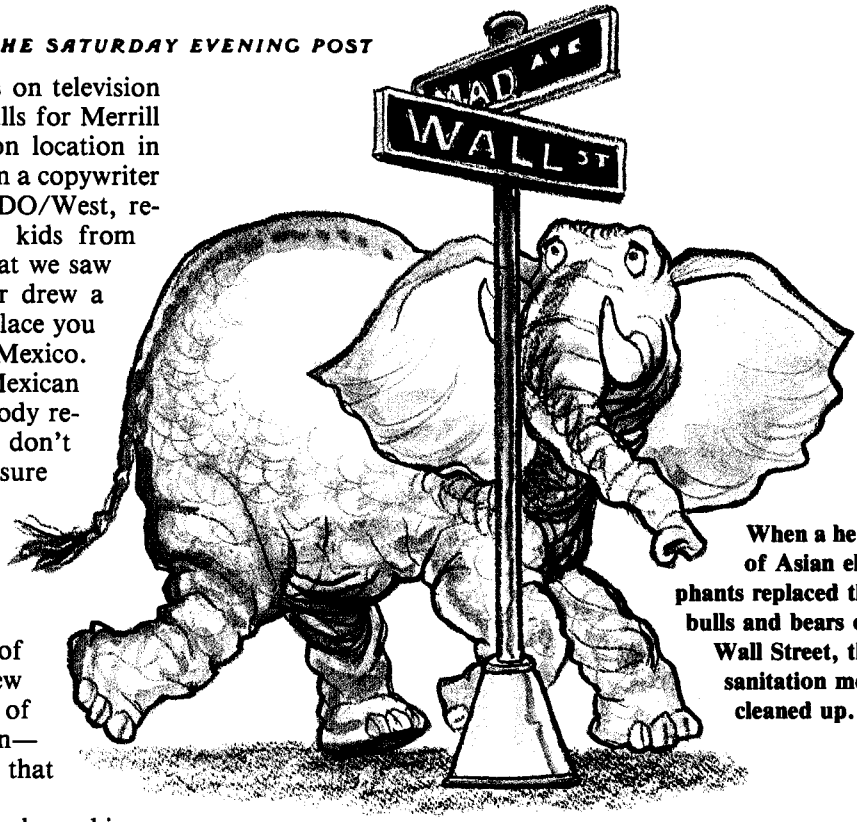
One of the most famous uses of animals on television was Ogilvy & Mather's charging herd of bulls for Merrill Lynch. The first commercial was filmed on location in Mexico. Why Mexico? Bruce Silverman, then a copywriter and now executive creative director of BBDO/West, recalls: "The art director and I were both kids from Brooklyn. All we knew about bulls was what we saw on bullfighting posters. So the art director drew a herd of black bulls. It turned out the only place you can find those bulls is Mexico. So we went to Mexico.

"We hired about a thousand bulls, 20 Mexican cowboys, and a crew from New York. Nobody remembered to bring along an interpreter. I don't know what language the bulls spoke, but we sure couldn't communicate with the cowboys. So there we were, in the middle of the Mexican desert, living in trailers for about two weeks, out of communication with the rest of the world."

The storyboard began with just a speck of dust on the horizon. The speck grew and grew in size until the viewer saw an entire herd of bulls charging directly at the camera, and then—seemingly—passing right over it. How was that incredible effect achieved?

It was, in fact, no effect at all. The crew dug a big foxhole, which could be covered with a steel plate. The cameraman, copywriter, art director, and producer all huddled in the trench as the herd charged toward them. Just before the bulls reached the foxhole, they would slam the steel hatch and keep shooting upward, periscope style.

"We sweated a lot and prayed a lot, especially when the bulls were going over," Silverman adds. "The only one smart enough to stay out of the foxhole was the client."



When a herd of Asian elephants replaced the bulls and bears on Wall Street, the sanitation men cleaned up.

The creative team returned to New York, sun poisoned but triumphant, to learn that the agency had been trying frantically to locate them and tell them for gosh sake to stop shooting. The client had canceled the commercial!

The original storyboard did not contain the words that were finally heard on television. It called for the speck of dust to turn into the herd of bulls and then have the announcer declare, "At Merrill Lynch, we spot the trends."

A terrible glitch developed. Some Iago whispered into the ear of the Merrill Lynch advertising manager, "Merrill Lynch spots the trends! What kind of slogan is that? I'd fire any broker who *didn't* spot the trends." The advertising manager reported his grave second thoughts about the line. Now the agency sat with a small fortune invested in bulls charging at the camera, and no reason to use them. Almost every writer in the place was asked to work on the problem.

Roger Butler came up with "Merrill Lynch is bullish on America." The client approved it. The commercial went on the air. Only a few nights later, President Nixon declared in a nationally televised speech that just like Merrill Lynch, he too was bullish on America. The slogan was soon on every tongue.

Clearly, a second commercial needed to be filmed before the first one suffered "wear out." We had been taken to task in the press for filming our "bullish on America" commercial in Mexico, so this time we were careful to choose a location in California. We used a different strain of bull, but everyone expected they would perform as well as their Mexican cousins.

Peter Hochstein (one of the funniest writers in our business), who was there, recalls: "A bull is an ornery, lazy, vicious animal with all the eagerness to please of an enraged tarantula and just enough imagination to make your life miserable.

"The storyboard looked easy enough, though. It called

Stars are known to horn in on the script.

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Elizabeth Taylor has used her God-given talents to the fullest to help fight the common enemy. She inspires everyone to come forward in a world-wide crusade against this vicious killer. We congratulate the French for bestowing the Legion of Honor medal upon Miss Taylor—and the artist Lucian Lupinski for so deftly capturing the regal Elizabeth for this month's special AIDS issue. The portrait now hangs in the Saturday Evening Post Society's museum.

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AIDS

ELIZABETH TAYLOR'S CRUSADE AGAINST AIDS

The trim, award-winning actress is using her stunning beauty and abundant talent to educate the public and raise the funds to combat AIDS.

by Holly G. Miller

It's a 20th-century rerun of *Beauty and the Beast*—the internationally celebrated actress Elizabeth Taylor being the Beauty, the AIDS epidemic taking the role of Beast. Though rumor has it that she became involved because of her good friend Rock Hudson, her associate Sheila Sweeney says this is not true. One of the reasons Miss Taylor took up the crusade against AIDS, Sweeney tells us, is because the terrible illness was not being recognized for what it was; no one was coming forward. "She just desperately wants to see someone find a way to stop this disease," Sweeney says.

Elizabeth Taylor's crusade against AIDS took her to Japan, where she won a pledge of support from Prime Minister Yasuhiro Nakasone.

Toward this goal, the actress has raised millions of dollars, and she uses her talent as an entertainer to make impassioned pleas around the country for people to come forth and get involved. She is also the founder and spokesperson for Amfar, the American Foundation for AIDS Research.

"Her work for Amfar completely overshadows everything else," Sweeney tells us. "That's really her first consideration." The efforts of Elizabeth Taylor to kill or at least cripple the killer AIDS have been recognized by the government of France, which has awarded her the Legion of Honor medal.

It's not that the actress has nothing else to occupy her time. Sweeney practically ran out of breath briefing us on Elizabeth Taylor's schedule.

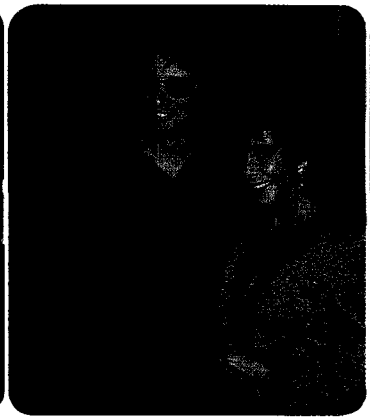
In view of such a schedule, how did the *Post* have the good fortune to intrude successfully upon Elizabeth Taylor's time? We credit it not only to her graciousness, but also to her sincere determination to see the AIDS epidemic knocked into a cocked hat.

Post: What prompted your interests and efforts on behalf of AIDS?

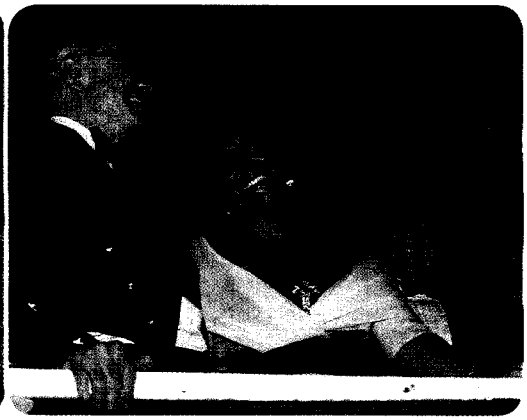
Taylor: First, I became aware of the fact that there was a new and very serious disease that was destroying many young people in the arts com-

continued on page 106

When the designer Calvin Klein co-hosted a 1986 AIDS benefit in New York with Elizabeth Taylor, he remarked that AIDS is "something that has hit the entire world, and so the entire world must come together to fight it."



Richard Gere and a svelte, glamorous Elizabeth Taylor appeared at the ART Against AIDS fund raiser auction held at Sotheby's.



Elizabeth Taylor and Howard Baker, the White House chief of staff, were among the all-star list of guests invited by Malcolm Forbes (left) to a recent bash. He made a large contribution to AIDS research.

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AIDS

STAND UP TO AIDS

Two courageous men infected with AIDS through blood transfusions are determined not to yield to this killer without putting up a fight.

by Maynard Good Stoddard

After the fatal diagnosis has been pronounced, AIDS victims have two choices. They can close up and give up. . .or they can open up, stand up, and fight back. The *Post* salutes two courageous men who have chosen not to take the death sentence of this burgeoning epidemic lying down.

It was a typical Sunday morning at Old Bethel Church (grown from a log cabin in 1838 to a present-day membership of 1,550) on Indianapolis' far east side. The Rev. Gene P. Crawford, the senior pastor of Old Bethel, stood in the pulpit, and all was well—until he turned on a videotaped statement that would stun the congregation.

The Rev. Gene B. Crawford (right) and the writer in Old Bethel's Memorial Garden after an interview concerning the Rev. Donald C. Wade, the AIDS-infected associate pastor of the caring congregation.

The voice was that of the Rev. Donald C. Wade, 61, an associate minister. And he was using this means to announce that he had contracted AIDS. Pastor Wade had been sick since Christmas of last year; it had been only recently that the doctors had traced the affliction to a series of blood transfusions in 1984 during open-heart surgery. Pneumocystis pneumonia last December tipped his unsuspecting doctors that this 61-year-old father of three and husband of some 35 years was suffering from AIDS.

Pastor Wade, speaking from the hospital where he was then being treated for pneumonia, was cheerful and upbeat as he praised the support of his wife, Miriam; his three grown children; and hospital employees for helping him through the ordeal. He also thanked members of the church for their kindness expressed during his lengthy illness. "No price tag can be placed on that love," he said.

The Rev. Donald C. Wade, 61, an AIDS victim via blood transfusion in 1984, remains cheerful and upbeat after pneumocystis pneumonia, thanks to the support of his wife, Miriam; their three grown children; and the loving congregation of Old Bethel United Methodist Church, in Indianapolis.

We questioned Pastor Crawford about the response of the church members.

"I have not had a single person speak to me negatively," came his quick reply. "I asked my administrative secretary only this morning—secretaries are usually the persons to pick up things like this—if she had heard anything, and she said not a single negative word had come to her.

"It's not a perfect congregation," he added. "Like all congregations we have our foibles, but we're a loving, caring congregation. The church fathers and mothers are dealing with our realities in a very positive and meaningful way, and we're proud of the fact that we've been able thus far to pull off the job.

"What we are trying to do is treat Rev. Wade as a human being with a problem, and when he's well enough to work, he's welcome to work. We're just trying to act like Christian people, loving him and supporting him and the family in a very difficult time," Pastor Crawford said.

The story of Pastor Wade's dramatic videotaped announcement to the church congregation was given wide newspaper and TV coverage throughout the state. We asked Pastor Crawford about the press. He responded that one reporter had asked questions as to whether Pastor Wade was in a high-risk group because of bisexual activity. Pastor Crawford, astonished, emphatically denied any such possibility. "I guess

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they have to ask such questions to sell newspapers," he said.

We asked about the impact the AIDS disclosure had had upon Pastor Wade himself. Was the account true that his strong faith in God had actually grown in recent months?

"Oh, yes," Pastor Crawford said, leaning forward in his eagerness to answer. "Don has been quite free to say that as a result of the tragedy—and it is a tragedy—he has experienced God in new levels, new depths of trust and faith. He has also said that although he cannot see his own future, he has placed his trust in God, who allows him to see all that he needs to see in a given time."

Another courageous man is Paul Gann, the well-known tax and government-spending critic of Carmichael, California, who recently stunned the state's political establishment by announcing that he is an AIDS victim. He then somewhat relieved the somber mood with his plans to launch a campaign to battle the disease.

Gann said he agonized over the decision to make his illness public because of the impact on his family. But he was appalled to learn that his doctor was not even allowed to tell another doctor of his infection without his permission. "Instead of selfishly trying to protect ourselves by keeping secrets," he said, "we should be leading the fight to protect our friends and loved ones from becoming infected. Nobody wants you to wear a T-shirt that says how you got it—people don't care *how* you got it. They only want to know that you have it so they can be protected. It is a grave responsibility, and I'm trying to say to them out there, 'Hey, don't be ashamed of the fact that you have the disease. Just don't pass it on to your family and friends and destroy them.' "

Doctors say that Gann's acquired immune deficiency syndrome virus was picked up from tainted blood in March 1982, when the outspoken crusader received blood transfusions during open-heart surgery. He was quite willing to talk with us about the virus-infected blood and the unfortunate results. And we will confess to being a bit choked up when this 75-year-old scrapper against taxes and government waste turned his attack toward this devastating 20th-century plague. "I made up my mind that if it gets

"I really am in shock," said Nell, Paul Gann's wife of 55 years, upon hearing of the AIDS test results. She knew he was ill but didn't know why. Gann used a press conference to outline his new campaign to fight the disease. "It may be the last campaign of my life," he said.

me," he said, "it's going to have to work at the job because I'm going to keep battling as long as I can. It will likely be the last campaign of my life."

That campaign will be for broader AIDS testing and disclosure. The frail but determined co-author of the tax-cutting Proposition 13 and writer of the spending limit on California state and local governments has already endorsed controversial legislation to require AIDS tests for marriage license applicants and felony penalties for AIDS-infected persons who knowingly donate blood. "People who know they are infected and still transmit the disease should be tried for murder," he states, "because it is a death sentence."

Gann told us that he hopes his admission that he has AIDS will help to protect others. One doctor told him, he said, that there may be a million people out there who could spread the disease without realizing it. "It is so dangerous," Gann added, "that I felt compelled to do it, and my family, including my adult grandchildren, agreed."

"I'm so pleased that people are taking the attitude they're taking," he said. "My desk is loaded with letters, and not one single piece of mail is derogatory in any way. Instead, it's 'God bless you,' 'get well,' and 'don't die on us, we need you.' Our phones, two lines at the house and three in the office, have been jammed with calls, many of them just to say they are praying for me. You know. . .beautiful."

The afflicted campaigner was thrilled to learn of the *Post*'s AIDS Mobile and the free, anonymous blood tests that will be made available. "It fits in so beautifully with what I felt we had to do," he said. "I've had calls from people who were told where to go to be tested only to be instructed to come back in three weeks. And one person wouldn't go to his own doctor because he'd been unemployed for six months and feared the cost. I've wanted some arrangement where this guy could have a blood test.

"President Reagan has signed a couple of my petitions over the years, and I'm thinking of calling him. He loves people, and I love him because of it," Gann said. We suggested that because the President must have required a lot of blood when he was shot, he, too, should be tested anonymously for AIDS, if he hasn't already been tested. It probably can't happen, but it would be great, we said, if the President would stand up and say, "Because I had blood transfusions, I was tested for AIDS—so should you be if you've had blood transfusions."

Gann was enthusiastic at the prospect and was in complete agreement.

Whatever lies in store for the Rev. Donald Wade and for Paul Gann, they will not "go gentle into that good night." Instead, it will be with the sounds of praise and encouragement from the many who admire their courage in standing up to AIDS, the 20th-century Goliath now awaiting the lethal stone from some unknown David's sling.

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AIDS

Had a blood transfusion? Planning a baby?

THEN HAVE AN ANONYMOUS, FREE AIDS TEST

You can help fight AIDS! It's patriotic to have an AIDS test to know that you are negative. It's patriotic and caring to give blood if you know you're negative and not at risk.

by Cory SerVaas, M.D.

When Amy Sloan of Lafayette, Indiana, entered the hospital in 1982, the last thing on her mind was AIDS. The disease was not widely discussed then, and Amy had other concerns—namely, a painful case of ulcerative colitis. During treatment, she received three units of blood that hadn't been screened for the AIDS virus—no test had yet become available to detect AIDS antibodies.

Three years later, in the spring of 1985, Amy experienced chest pains and breathing difficulty. A doctor familiar with AIDS symptoms was suspicious; tests confirmed his worst fear: the 24-year-old woman, not in any of the high-risk groups, had contracted AIDS from a tainted transfusion. The news was even more shattering because Amy had learned just two days earlier that she was pregnant. AIDS-antibody positive women are urged not to become pregnant, because pregnancy puts a burden on the body's immune system that can precipitate full-blown AIDS. Then there was the worrisome question of whether her baby would also be infected with AIDS. Statistics indicate that children born of women carrying the AIDS virus have as much as a 50 percent chance of contracting the disease.

Amy Sloan of Lafayette, Indiana, learned that she was pregnant two days before her AIDS diagnosis. Pregnancy increases the likelihood that an AIDS-antibody positive individual will develop full-blown AIDS. But Amy didn't know that. She died in January.

Amy's son beat the odds. With a representative from the Centers for Disease Control on hand during delivery, Amy gave birth to a healthy baby, who has since tested negative for the AIDS virus several times. Amy's husband, Steve, has also tested negative for the virus.

Amy Sloan died in January of this year, but only after a courageous battle against the illness. Instead of slipping off quietly to face the disease alone, she took it upon herself to raise public awareness of AIDS. She gave dozens of interviews, appeared on the "20/20" TV show, testified before state legislators, and spoke at nearly 100 group and public meetings.

For her family, Amy's death only reinforced the need for more action. "I think there should be much more education and testing," her brother, George Brook, told the *Post* recently. "This isn't a thing to be played with. It seems like we're just burying our heads in the sand."

Amy's estate is suing the Central Indiana Regional Blood Center even though it wasn't possible for the center to have tested the blood at the time of the tragedy. The Centers for Disease Control, in fact, points out that it wouldn't have been legal to test blood for AIDS then because there was no FDA-approved test at that time.

The attorneys for Amy Sloan's estate are asking for a jury trial. Dr. Margaret Waid, the associate medical director of the Central Indiana Regional Blood Center, says, "If any major funds are awarded to anybody for an AIDS case, the blood banks will be forced to close down throughout the nation. There are a couple of instances where a financial settlement was made out of court," she said, "but it was a modest amount, not a million dollars." The Sloan case is the only one so far against the Indiana blood bank. Dr. Waid believes that legally the claimants "don't have a leg to stand on. This is why their lawyer wants a jury trial," she says.

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"He thinks that the jury will give a sympathy award even though they don't have valid grounds. 'Here's a little child conceived while a woman was AIDS positive, and the child deserves something toward his education.' " Dr. Waid indicated such a decision would be disastrous, not just for central Indiana but for the country.

Amy's story is tragic, and there are hundreds of similar heartrending deaths like hers throughout the country.

Nevertheless, spokesmen for the scientific community and for the blood-bank industry feel that it is most unfortunate that the blood bank is being sued by her estate.

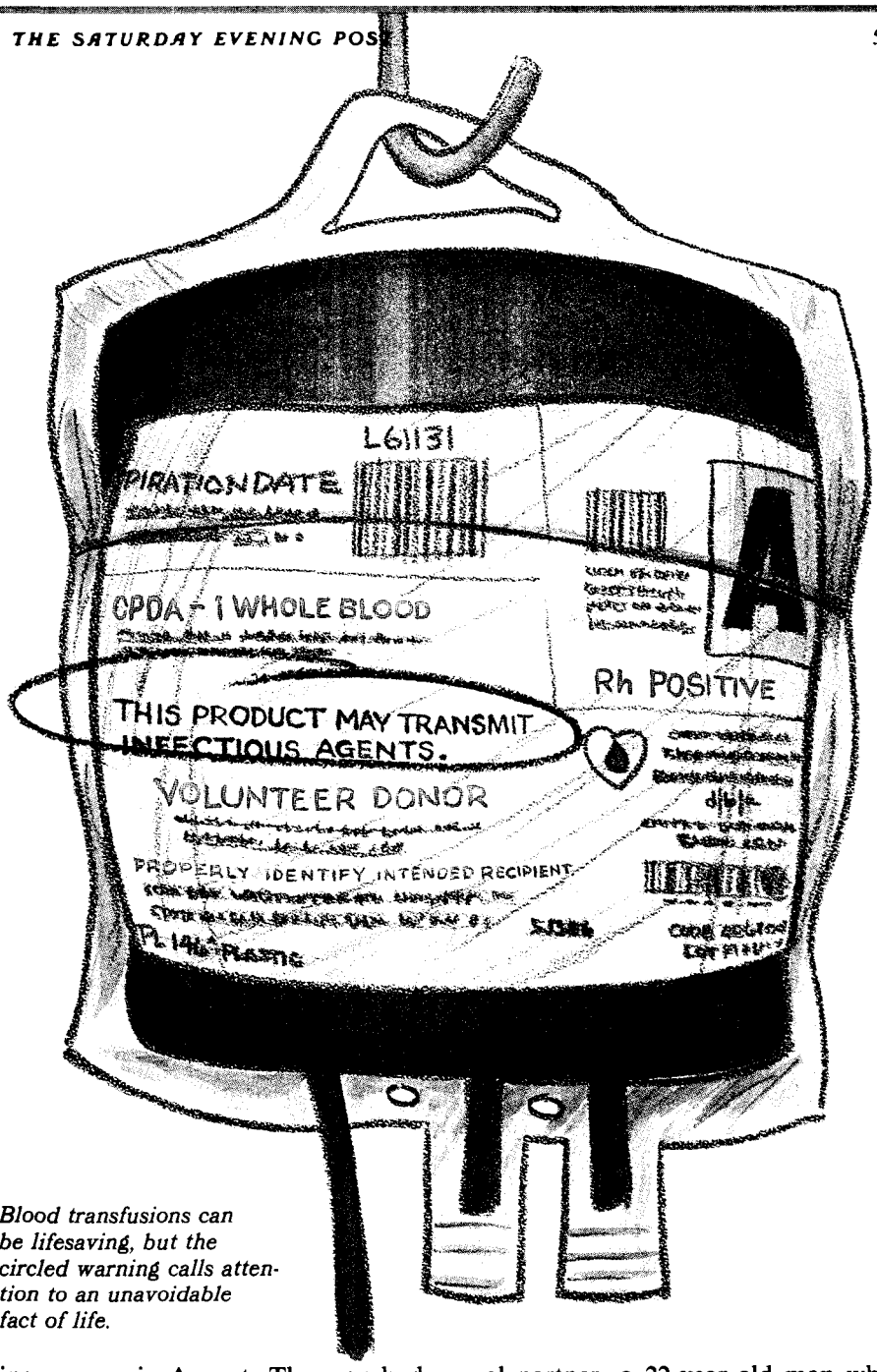
One FDA official, however, who asked not to be named, suggested that the lawyer for Amy's estate might make a case that blood banks should have used greater care in screening out high-risk donors after the AIDS epidemic began. And this is the subject of our present concern.

Sad as Amy's case is, the blood banks were without tests. But now that tests are available, are some high or moderately high-risk persons using the blood banks as an expedient and free method of learning their AIDS status? Are the blood banks diligent enough in teaching would-be donors about the small but dangerous "window" of three to six months, during which time the infectious agents may be in the donors' blood although no antibodies have yet appeared? (The blood from these persons may escape into the blood supply, no matter how carefully the blood banks test.) At this writing there are eight documented cases of AIDS from blood donated *after* the 1985 antibody tests became available. Assuredly, more will follow.

Consider the first one:

In November 1985, a 31-year-old blood donor at a Colorado blood-collection center was found to be positive for AIDS. His donated blood was disposed of. Unfortunately, it was discovered he had already donated blood twice that year—in April and August.

Recipients of the April blood were tested for AIDS antibodies and found negative, but the two recipients of blood from the August donation tested positive for AIDS. One recipient was a 60-year-old man who had received the AIDS-bearing blood during surgery in August. The man had been married for 30 years without having had any extramarital sexual contact and would have been considered risk-free for AIDS.



Blood transfusions can be lifesaving, but the circled warning calls attention to an unavoidable fact of life.

When interviewed later, the donor of the AIDS-positive blood admitted knowing he was in a high-risk category when donating in August. He told interviewers he had had sexual relations with a male partner on May 15, 1985, his first homosexual encounter, he claimed, since 1974. Presumably, he contracted the AIDS virus during the May encounter, but it failed to show up on an AIDS antibody test when he donated blood more than two months later. His sexual partner, a 22-year-old man who had been homosexually active since the age of 18, also tested positive for AIDS.

Dr. Charles Schable of the Centers for Disease Control told us researchers find that most of the cases where AIDS blood has been donated in the "window" period before antibodies were formed have turned out to be from high-risk donors.

An FDA spokesman agreed. "Part of the problem is that minorities may not understand the printed literature, partly because there is an illiteracy problem in the country, partly because there may be a language barrier, and partly because those who

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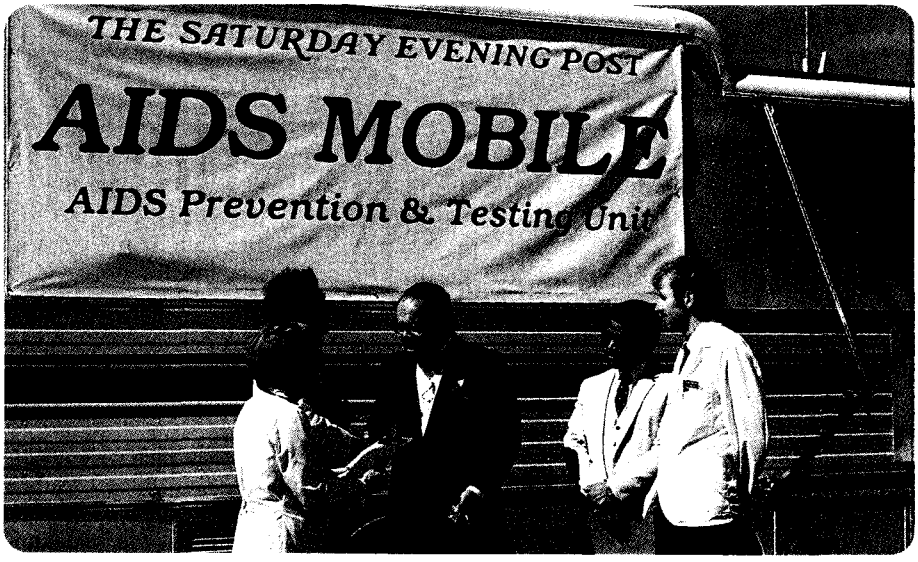
Worshipers at this church were given advance notice from the pulpit that the AIDS MOBILE would appear. The visitors being tested watched videotaped advice from Dr. James Curran of the CDC and Surgeon General C. Everett Koop.

can read don't read. When you interview people who are positive and who donated and you ask them questions about risk, you find that 85 percent of the time they have risk factors. The problem is when you ask them why they didn't self-exclude, the answer you get is, 'I didn't understand. I didn't know that meant me.' So it is clear that part of the problem is not getting the message through. On the other hand, part of the problem may be the people who come in and just want to be tested, so they lie or deny. One part of the puzzle is improving the way we talk to donors. A second part of the puzzle is, 'Can the test be made better?' The answer to that is, 'Sort of.' Yes, a test can always be made better, but the tests are not going to be made astoundingly better because they are already so good."

Because it is estimated that 12,000 people may have been infected with the AIDS virus from blood transfusions received before 1985, The Saturday Evening Post Society is using its resources to help identify these individuals in its membership as soon as possible. In time, if we find more people developing AIDS from post-1985 blood, we will wonder why we haven't tested everyone who has had a blood tranfusion, including those post-1985 recipients.



The Rev. Tom Benjamin, a health-conscious, dynamic civic leader (center), thanks the Society's AIDS-testing team for including the flock of his 3,000-member Light of the World Christian Church in Indianapolis in its program.

We would also like to offer the test to any member who is contemplating becoming pregnant and wishes to be tested. The order form is on page 61. Members are asked to use this form only—photocopies will not be accepted. The ELISA (Enzyme Linked Immunosorbent Assay) test will be given at no cost and in the unlikely event it is positive, it will be repeated. If it is again positive, a Western Blot test will be given.

Because many of our members live in communities where an anonymous AIDS test is not readily available, we will mail test packets that enable readers to have blood drawn at any hospital or commercial medical laboratory, without having to consult family physicians if readers are embarrassed. A lab will charge a few dollars for drawing blood and centrifuging off the serum before mailing it to us.

Before launching an effort to help our members, the Post Society wanted to meet the public in order to learn more about how people feel about voluntary, free AIDS testing with counseling. We started using our AIDS MOBILE to give tests at the Dick Lugar Health Fair in Indianapolis. In 1985 we did spirometry screening on smokers at this fair in order to ferret out those smokers especially vulnerable to emphysema. In 1986 our Mammobile performed free breast X-rays to heighten the public's awareness of the great need for more of this screening.

It was quite logical to test the people at the 1987 Dick Lugar Health Fair who wished to have voluntary, free, anonymous AIDS testing with counseling.

We augmented the counseling process with an hour-long videotape about AIDS. My staff and I had gone to the CDC in Atlanta to obtain an interview with Dr. James Curran, the director of the AIDS program at the CDC. His advice for AIDS-positive individuals is constructive.

There have been some interesting surprises from the public during the testing. Most interestingly, we discovered how eager the public is to be tested—how little people seem to care about anonymity when it is offered and suggested. The attitude mostly is that they want to know and are more

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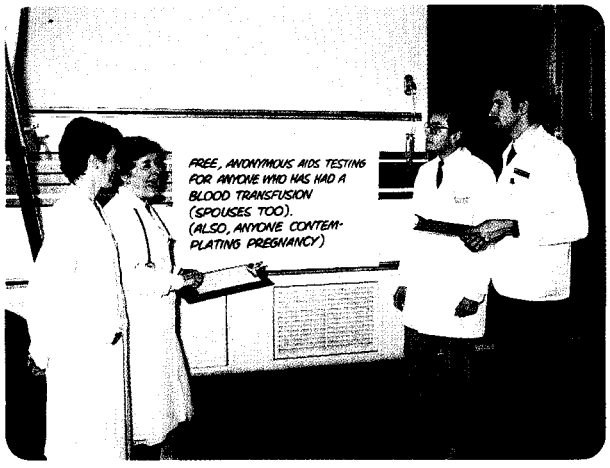
concerned about not passing AIDS on than they are in making sure that their own names are not used. Our phlebotomists and volunteers always pointed out that individuals can use a deceased relative's name instead of their own.

The drawing of 10cc of blood for the test requires only 1½ minutes to administer, but we've found that visitors to our mobile AIDS testing unit want to stay around for small talk after the sample of blood has been drawn.

"A few tell jokes, others ask questions, but almost everyone wants information," explains Andy Burnett, one of two phlebotomists manning the lab on wheels. "They've heard the basic facts; now they want specifics. They share personal experiences, like 'I had a blood transfusion three years ago and I was wondering if. . . .' "

Frank Esparza, the other member of the phlebotomy team, adds, "It seems to be an all-or-nothing situation. If one person agrees to the procedure, pretty soon all of his friends, family, and co-workers are lined up waiting their turns."

The stigma once attached to AIDS seems to have diminished, but the fear and danger remain. The numbers are known, and they are frightening: an estimated 1.5 million Americans are now infected with the AIDS virus, and, according to U.S. Surgeon General C. Everett Koop, nearly 179,000 victims will die of the disease by 1991. Stunned by these statistics and sobered by the predictions, people realize the disease is not the burden solely of homosexuals and drug users. AIDS has been identified in the ranks of such vulnerable persons (like Amy Sloan) who received blood transfusions prior to 1985, when blood-screening tests were initiated; sexual partners of transfusion patients; newborn babies of AIDS victims, and a small but worrisome group of patients currently receiving tested but tainted blood donated by AIDS carriers who contracted the virus so recently it isn't yet evident in the lab.



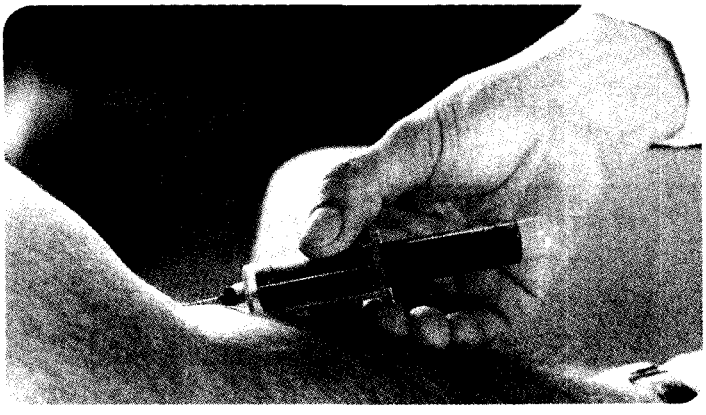
The Indianapolis Federal Building was a popular location for employees concerned with the question: "Am I or am I not a carrier of AIDS?" Mammography was combined with AIDS testing.

Our phlebotomist Andy Burnett explains: "Last week we were doing AIDS tests from the Mammobile, and when women finished their mammograms, we would tell them about a free test for AIDS available if they felt they might have had an opportunity to have been exposed—i.e., blood transfusion, spouse's blood transfusion, unfaithful spouse, etc.

"It frightened me to hear them say, 'Yes, I want to be tested. But the blood bank is going to be here tomorrow, and I'll get tested by donating blood then.' Some viewed it as safe as killing two birds with one stone—find out their AIDS status and give blood at the same time.

"After this happened about ten times, I realized that these people believe that the antibody test is a good enough screen to protect the blood supply. It's frightening, and it is obvious that these people just didn't understand that the AIDS antibody may not be obvious in the lab for three to six months after exposure. So such people who have lingering suspicions can pass the screening test, give blood, and unknowingly contaminate the supply."

When this occurs, painstaking and time-consuming efforts are required to trace the bad blood from recipient to donor. The task becomes increasingly complicated when a patient testing positive for AIDS has received multiple transfusions from multiple donors. Such was the case in Indiana when a critically ill patient was given transfusions of blood from about 175 donors. Because this blood was all given after mandatory screening tests were in effect, all units were believed to have been safe. However, infectious blood had apparently passed through the "window" during the antibody screening test at the blood bank. The "window" refers to the period when the donor is infectious but his antibodies have not yet developed.



Caring individuals who have had blood transfusions want to protect their spouses if they've become AIDS carriers.

Our phlebotomist Frank Esparza draws blood for voluntary AIDS testing at the Dick Lugar Health Fair.

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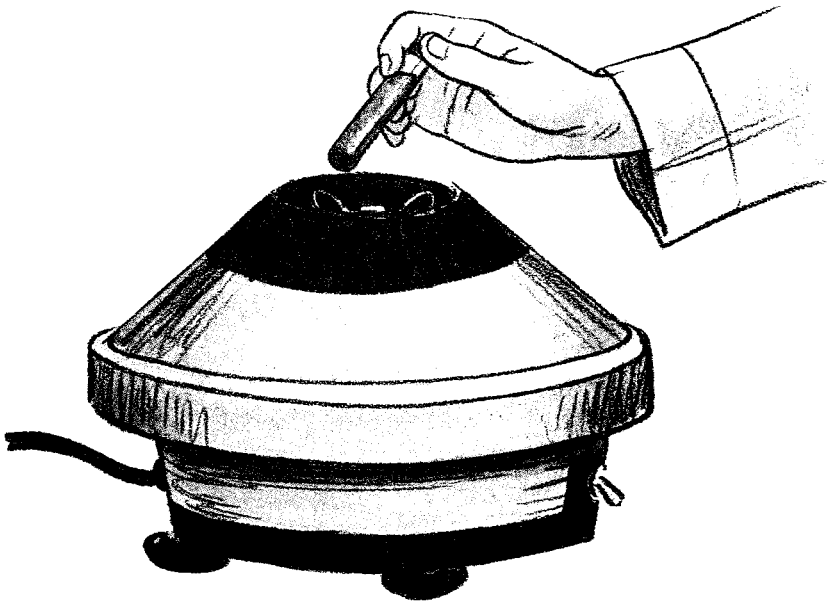
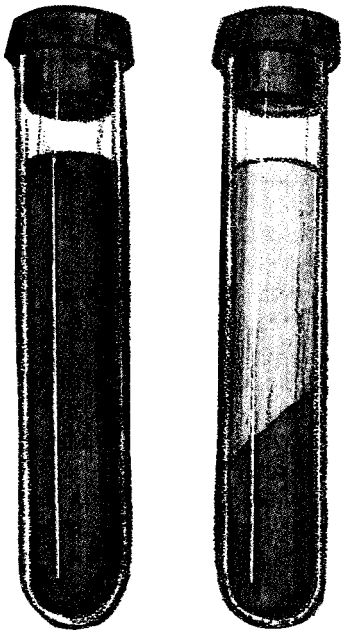


The centrifuge separates the serum from the red blood cells. The CDC has assured us that the AIDS antibodies in the serum are stable and can be sent from anywhere in the U.S. by first-class mail for testing. A triple-pack container is used.



(Left) Whole blood before centrifuging spins out the serum. (Right) Serum at the top of the tube after separation.

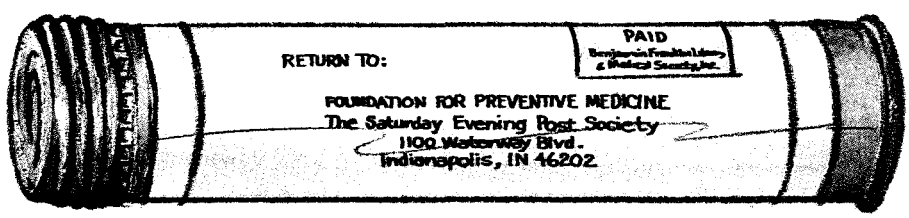
The patient recovered from the original illness but later tested positive for the AIDS virus. The diagnosis touched off an intensive search-and-identify campaign by the regional blood center. Each of the 175 donors had to be located, alerted to the situation, and urged to undergo an immediate AIDS test.

Donors to blood banks are not anonymous. Their names must be kept in the event that AIDS antibodies are discovered in a recipient of their blood. In this tragic event in Indiana, all but 10 of the 175 donors for this patient have been notified and are in the process of being retested. At this writing, the Central Indiana Regional Blood Center believes it could take six weeks to retest all the contacted donors to determine if the virus came from an infected donor. If this individual gave blood subsequently, it would, of course, be retrieved, or if it were transfused, the recipient would need to be tested for AIDS. "This is a difficult situation," admits Jeannine Murphy, a spokeswoman for the Central Indiana Blood Center.

Later, Dr. Margaret Waid, the associate medical director of the blood bank, told us: "We have found that about ten people have moved out of town since they donated, and the post office doesn't have forwarding addresses. So we'll probably never find out if there is such a thing as a putative donor, because we don't know if the recipient got it from the blood or some other source. She was not tested prior to getting transfusions. But because these people have moved out of town and left no forwarding address, we really don't have a way to chase them down. We'll probably never know. We do this all the time with hepatitis investigations, and we never find a putative donor for hepatitis investigations, or rarely do."

When people get infected blood, the scientists always want proof that the person wasn't already AIDS positive before the questionable blood was received. The Society advises our members to ask their doctors for a test before any surgery that may require a blood transfusion. This inexpensive baseline test showing negative would then prevent conjecture by blood banks that perhaps it wasn't the transfusion but a prior high-risk life style that had caused the AIDS.

As devastating as the disease is, the majority of people who test positive for it appear perfectly healthy, and by following certain guidelines, they can hope to remain that way for a long time, even indefinitely. Because the active AIDS virus overpowers white blood cells that normally defend against virus and bacteria, a person who develops AIDS becomes defenseless against infections such as pneumonia and influenza. Current research indicates victims should avoid immunosuppressants—that is, anything that will curb the body's ability to fight infections. Included on the list of drugs to avoid are steroids, and such mild immunosuppressants as estrogen, some antibiotics, and aspirin. General advice is offered by Dr. James Curran of the Centers for Disease Control: "Avoiding smoking, excessive alcohol intake, and harmful drugs are logical recommen-



Society members may request this AIDS test kit by using the form on the opposite page. Assumed names may be given if anonymity is desired. Instructions about obtaining a sample and counseling are included along with a label for return mailing.

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Dr. James Curran, director of the AIDS program for the CDC. His taped advice is used in the AIDS MOBILE.

The ELISA test is a very good one provided antibodies are there. What microbiologists hope to find is the clear tube at the right, which indicates no AIDS antibodies present; the yellow color means that the antibodies were present.

dations," Curran says. "It's not likely that these really are related to AIDS, but they're good health recommendations. Someone who has pneumonia, for example, is less likely to survive that pneumonia if he's been a chronic smoker. So, if I were infected with the AIDS virus, I would avoid smoking for my general health, knowing I had a chronic illness and knowing I needed to be in the best possible shape to fight it."

Pregnancy is rigorously discouraged for women who have tested positive for AIDS antibodies. This advice is stressed not only because there is a high risk of infecting the baby, but also because it is believed pregnancy suppresses the mother's immune system and renders her more vulnerable to the AIDS virus.

Live-virus vaccinations, such as the ones for measles, mumps, and rubella, also are dangerous for people carrying the AIDS virus. Dr. Frederick Ruben of the University of Pittsburgh has done studies, however, that indicate inactive vaccines (injections of viruses that have been killed) may be safe for AIDS victims and may be effective against such diseases as pneumonia and influenza, two illnesses that often cause serious and even fatal problems for AIDS patients.

People who test AIDS antibody positive must assume they are infectious and should take strict precautions against spreading the virus to others. They should never donate blood, tissue, or organs, and they should never share needles, syringes, razors, or toothbrushes with anyone, and should not get tattoos or have their ears pierced. They should inform their dentists and other health-care providers that they are infected with AIDS so that those health-care providers can take precautions to protect themselves and their other patients.

continued on page 106

AIDS TEST ORDER FORM FOR MEMBERS

To: Foundation for Preventive Medicine, 1100 Waterway Boulevard, Indianapolis, IN 46202

Please send me a free kit for a voluntary, anonymous AIDS test along with instructions and counseling materials.
I understand that when my serum is returned in the kit, testing will be performed at no charge. (See page 58.)
Please use this form only—photocopies not accepted.

Approximate date of my transfusion(s): _____

Approximate date of my spouse's transfusion(s): _____

I want to be tested because I am contemplating a pregnancy. Yes_____ No_____

Please send a test kit with instructions to:

Name _____

Address _____

City _____ State _____ Zip _____

(If you wish to remain anonymous, do not use your own name. We suggest you use a deceased relative's name that you will remember.)

I am enclosing a tax-deductible donation of $_____ to the Foundation for Preventive Medicine to help cover the costs of the AIDS testing program and research being conducted by the foundation.

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WHERE ARE THE EXTRATERRESTRIALS HIDING?

Nary a whisper from space in 20 years of electronic eavesdropping has left scientists wondering why.

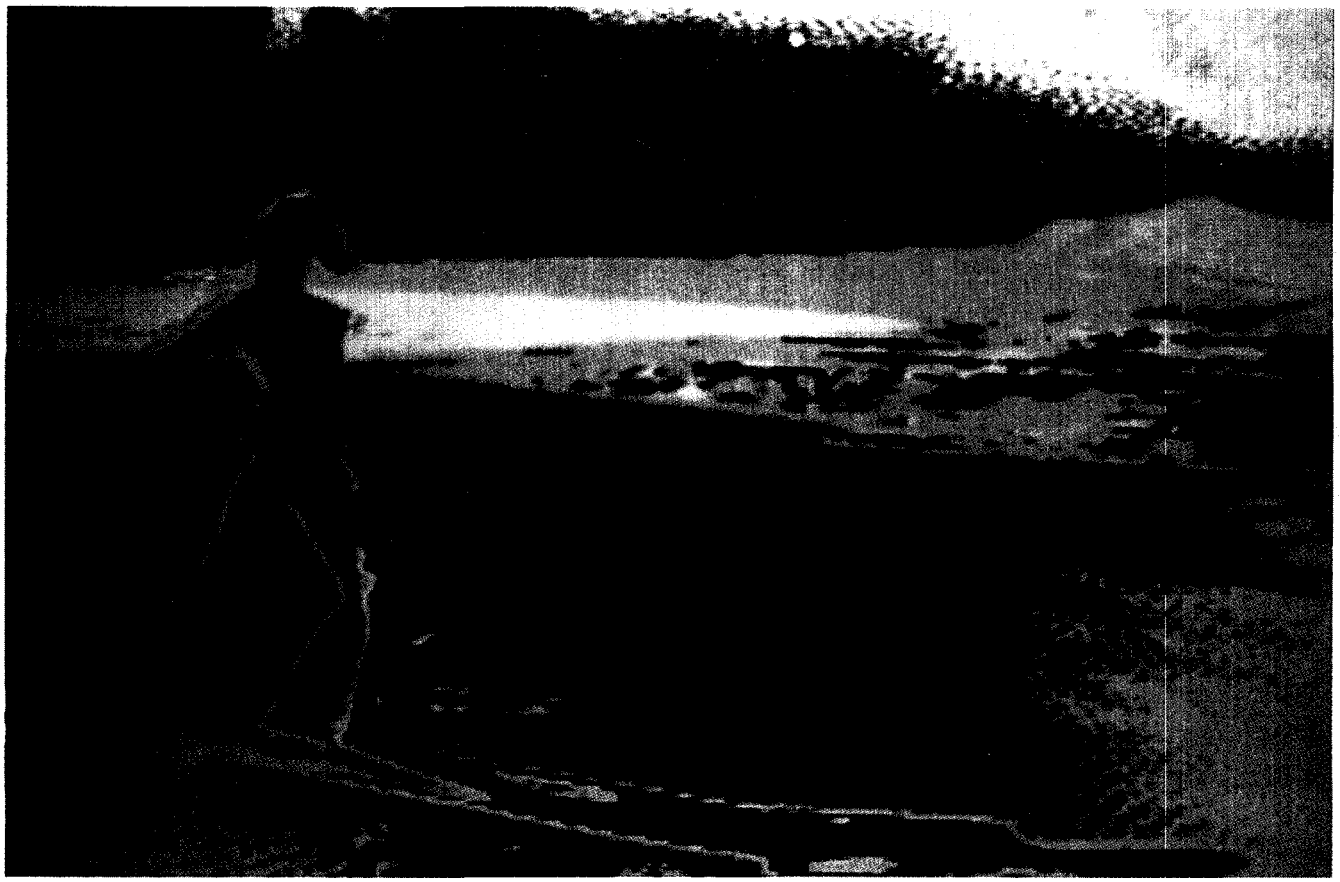
by Seth Shostak

According to Hollywood, the universe beyond Earth is populated by only two types of alien creatures: the good and the bad. The white hats among the extraterrestrials usually make contact with earthlings reluctantly, as did the Antarean rescue team in *Cocoon*, or accidentally, as in the unintended abandonment of E.T. But once in touch with the earthlings, these often anthropomorphic aliens help us out by promoting peace, improving our health, or simply amusing our children. When they leave—and the good aliens always leave—we wave them good-by with a thankful tear in the eye.

Although benevolent extraterrestrials may have the current upper hand at the neighborhood cinemas, it was not long ago that, to paraphrase John Wayne, the only good alien was a dead alien. Inspired by conquest, hunger, or just plain orneriness, the bad guys from space destroyed our cities, devoured our space explorers, took over our bodies, or engaged in endless interstellar battles with our descendants.

Drama depends on antagonism, so it is hardly unexpected that Hollywood has so sharply categorized the denizens of deep space. But surprisingly enough, the temperament of the extraterrestrials has lately become a matter of scientific interest.

Concern for the true nature of extraterrestrial behavior derives from the continuing failure of a small,



Some scientists speculate that an advanced civilization might simply ignore a "primitive" planet such as Earth. Or perhaps we're a curiosity just interesting enough to be left alone, save for occasional visits.

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back-burner scientific enterprise. For several decades now a limited number of countries, including the superpowers, have expended both scientific manpower and money on the Search for ExtraTerrestrial Intelligence (SETI). Although long a matter for speculation, the question of the existence of alien beings has recently become fashionable for good reason: the development of radio astronomical techniques since World War II has finally provided an effective means for detecting the extraterrestrials.

The method used is simply to electronically "eavesdrop" on any radio signals that might be deliberately or accidentally beamed our way. Large radio telescopes, which are nothing more than highly directional antennas, are trained on nearby stars regarded as being good candidates for harboring Earth-like planets. Radio signals received by the telescope are then analyzed for any unnatural behavior—a pattern of pulses, for example—that would betray an intelligent broadcaster. There are endless technical nuances to this apparently simple scheme, as scientists try to second-guess extraterrestrials regarding the likely choice of transmitting frequencies, speed of transmission, and so forth. But the bottom line of two decades of search is a negative result. No convincing sign of life has been heard.

Could our modest speck of rock in the outer reaches of one of a billion galaxies really be the only site of intelligent life in the universe?

Assessing the Paradox

Given the mammoth technical difficulties involved, it may be premature to attach any significance to this failure, and yet many astronomers are already uncomfortable. Our galaxy alone consists of several hundred billion stars. If only a small fraction harbor life-bearing planets, then the number of intelligent civilizations dispersed throughout the Milky Way could be a million or more. Some of these presumably would have had time to develop the technology of interstellar rocketry.

Now, followers of Von Daniken may believe the aliens have been here, and the UFO crowd thinks they still are, but most scientists are unconvinced by the evidence. Still, not seeing the aliens or their spacecraft causes far less consternation than the apparent lack of radio traffic. If the galaxy is truly filled with life, why do we not hear any communication?

A lot of people are compelled by this collision of expectation and experiment to conclude that there is no life elsewhere; earthlings are the "crown of creation," and the galaxy lies open for our eventual conquest. This is a highly anthropocentric proposition, of course, and therefore suspect. Since the days of Ptolemy and earlier, man has pictured himself at the center of creation, only to be humbled by scientific discovery. Earth is certainly very prosaic from an astronomical standpoint, and it is difficult for many scientists to accept our planet as the only site of intelligent life in the galaxy. Furthermore, in the last two years astronomers have discovered material surrounding a dozen or so nearby stars, suggesting that planets may be quite widespread.

If we choose to acknowledge that life is probably plentiful, then the nagging question remains: Why have we not heard any signs of it? Where are the aliens hiding? Could it be that some aspect of their behavior leads them to conceal their existence? Although it is risky to infer things about the conduct of civilizations that might be millions of years in advance of ours, extraterrestrial sociology has nonetheless become the subject of considerable recent debate.

Nuclear Demise?

An obvious question that anyone concerned with these problems

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might ask is whether an advanced civilization would last very long. Within a few decades of the invention of radios and rockets—the hardware we need to probe the cosmos—earthlings started building nuclear weapons. Perhaps this is a very general phenomenon, and perhaps the outcome we fear most, nuclear self-destruction, is common as well. In other words, as soon as a civilization—any civilization—advances to the point of being able to communicate, it quickly disappears with a radioactive bang.

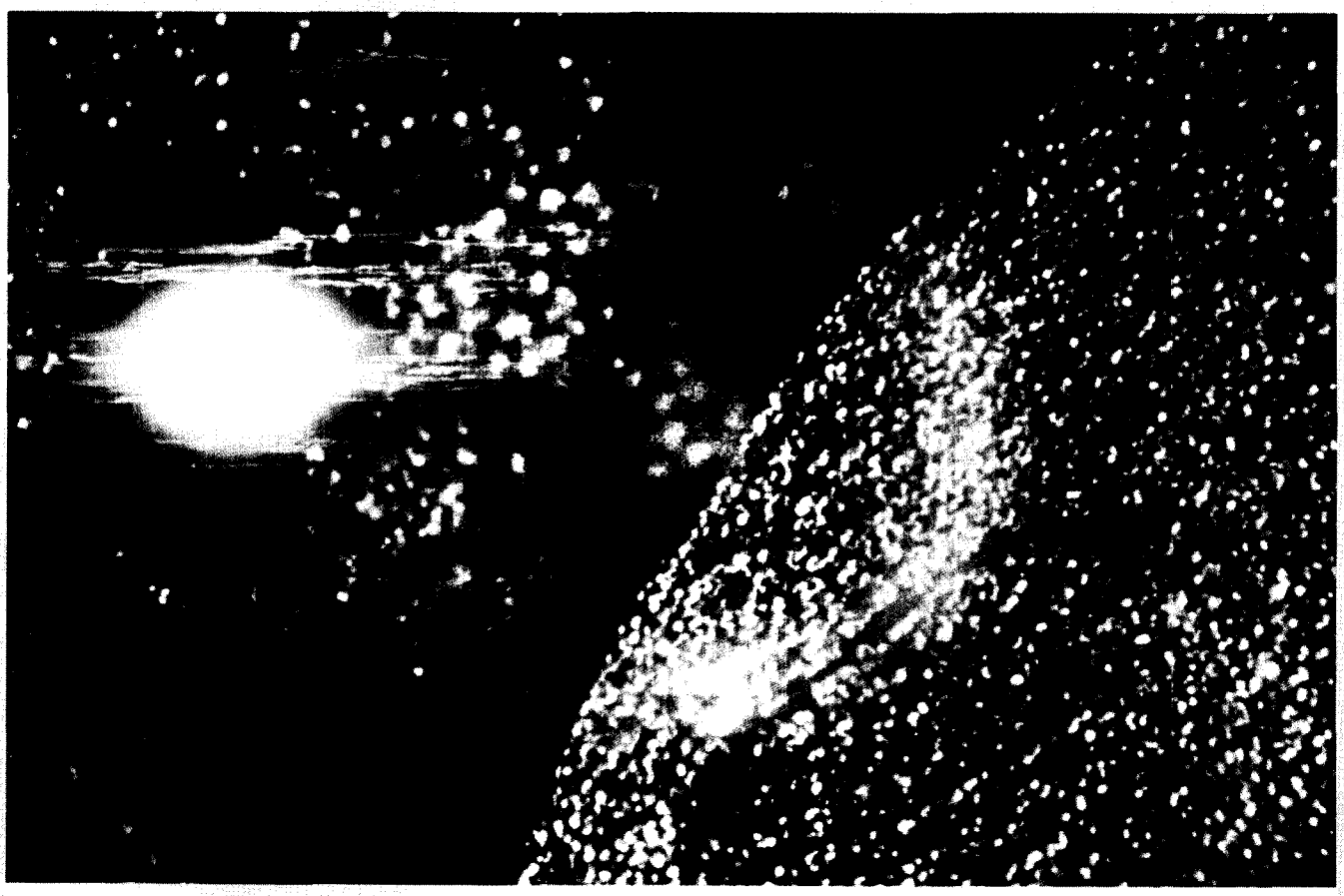
To avoid this dramatic, but disappointing, fate, normally aggressive civilizations (including ours) may need to become passive and noncompetitive. A cynical reader might wonder if such a reversal of behavior is possible, but one could imagine resorting to genetic engineering to accomplish this if it were seen as necessary to ensure the continued survival of the race. In any case, in this view of evolution, only the societies in which ambition has been curbed will be long-lived. These civilizations will be self-preoccupied; they will not be interested in interstellar contact. We will not hear them, and if we wish to survive as a species, we must become like them.

Although the sociology of subdued passion may rule the galaxy, such passive civilizations would leave the field open for any group that could manage to avoid nuclear crisis and yet still maintain its interest for expansion. The fraction of civilizations that can engineer a less radical solution to the self-destruction problem might be small, but even a tiny number of such societies (indeed, even one) could quickly overrun the galaxy, once more presenting us with the paradox of their apparent silence.

Resource Conservation

Consequently, scientists have considered other behavior that could be keeping the aliens from our doorstep. Frank Drake of the University of California, Santa Cruz, suggests that rational beings would never venture far into space, simply because it is too expensive. He points out that the cost in energy for a colonizing expedition to travel to even nearby stars is comparable to the amount of energy consumed by the United States in a century. No civilization would commit mammoth resources to a project of doubtful benefit when the same resources could invariably be better expended to improve living conditions on the home planet.

While Drake's argument appears rational, it may be, again, too anthropocentric. We live in a world where poverty is plentiful and energy is scarce. But should we assume that aliens would reason along the same lines as the present U.S. House Ways and Means Committee? In the next millennium, both energy and space technology will probably become abundant for



If life-bearing planets circle just a small fraction of the billions of stars in the galaxy, millions of civilizations could be flourishing in the Milky Way—which makes the absence of life signs all the more puzzling.

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earthlings, and the relative costs of interstellar exploration will therefore drop. Moreover, even if most extraterrestrials consider space travel a waste of money, we must assume that they all feel this way if we are to use this argument to explain away the lack of radio signals. Even the most cost-conscious speculator should hesitate to make such an assumption.

But if external factors do not slow the alien advance, perhaps self-imposed restraints might. If life is truly plentiful, then many civilizations can be expected to mature in the time required to colonize the whole galaxy. In that case, it might be reasonable to suppose the galaxy is subdivided into separate regions of influence, with "no man's land" between. By agreement or practice, no colonization activities are allowed in these border areas. Proponents of this approach, of course, can then declare that Earth happens to lie in such a no man's land, thus explaining our absence of alien company.

The Zoo Hypothesis

John Ball of the M.I.T. Haystack Observatory has elaborated this idea further with his "zoo hypothesis." In this view, it is not unthinkable that the aliens regard the primitive developments we refer to as civilization as a curiosity, and interesting enough to be left alone. The Earth is merely a zoo in which we, the animals, are unaware of occasional visits by curious extraterrestrials on the other side of the bars.

Nonetheless, ideas that postulate restraint on the part of our galactic brethren are at odds with human experience at least, and the subtle anthropocentric bias of the "zoo hypothesis" (are we really so interesting?) leaves many researchers uncomfortable. Indeed, perhaps we are being left alone because we are not interesting enough. Remember that the galaxy is roughly 20 billion years old, an age that is ten thousand times longer than the time required for man's evolution from his ancestors. Intelligent beings that develop on separate planets can be expected to differ, on the average, by millions, and perhaps billions, of years in their level of development. When the Spaniards landed in America, the Indian civilization they found was at most a thousand years or so behind the European technical level, and yet that difference proved fatal to the natives. Imagine now some interstellar colonizers finding natives who have a technology lag of millions of years! The first serious galactic colonizers could have proceeded virtually unimpeded, with about as much resistance to their comings as the U.S. Army could expect from the reptiles of the Galapagos Islands. If this scenario is correct, then the galaxy might be presently organized into an empire of the sort that science-fiction writers love to dream up. And a single, dominant civilization just might have the discipline or good sense to ignore or avoid a primitive planet such as Earth.

Giant man-made "ears" dotting the New Mexico plains tune in on the cosmos in an effort to detect signs of life within the galaxy.

There are some members of the SETI community who remain unsatisfied with all such sociological explanations. For them, the absence of signals from space is more simply explained: we are, indeed, alone in the galaxy. To substantiate their claim, they point to the tortuous path of evolution on Earth. For example, the earliest microfossils show that life began on our planet 3.5 billion years ago, or only shortly after Earth's crust had cooled from its molten state. But it took a very long time before anything more complex than a one-celled creature could be found on Earth. Repeated catastrophes (including the possible extinction of the dinosaurs due to Earth's collision with a large comet), all of which were a priori improbable, shaped the course of evolution. Finally, 3.5 billion years after life began, intelligent life gained a foothold.

Evolution, in short, is a very uncertain factory for intelligence. Had the dinosaurs not been wiped out when they were, we would not be here today. If continental drift had not sent Antarctica to the bottom of the world, changing the African climate from a rain forest to a dry savanna, our simian ancestors would not have been forced out of the trees and into a new species. If any of a multitude of circumstances had been a little different, intelligence would never have developed on Earth. There is little to suggest that intelligence has much long-term survival value. From nature's point of view, the most successful survival strategy may be to produce countless varieties of tough, genetically adaptable insects. Making man may have only been an improbable accident.

In the next several millennia, assuming we do not succeed at nuclear hara-kiri, earthlings will learn firsthand what the true situation in space is. Spacecraft will reach the nearby stars, and speculation will yield to observation. Perhaps we will be welcomed. Perhaps we will be fought. But perhaps we will find nothing more advanced than a butterfly. ✱

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THE LACTOSE DILEMMA

Milk is the primary source of much-needed calcium, but what can you do if milk intolerance is also the primary source of your digestive problem?

by Carmen Brining

Illustrated by Don Trawin

If you've been reading the *Post*, listening to the radio, or watching television recently, you have learned how important calcium is in your diet. You know that calcium has much to do with bone strength and that lack of it may contribute to high blood pressure as much as excessive salt does.

But some people with certain digestive problems cannot get calcium the usual ways. Milk and other dairy products are the prime sources of calcium, yet these same dairy products cause these people's digestive problems. In fact, more than half the adult population may suffer from milk sugar intolerance. Substituting other beverages for milk and leaving the dairy products in the supermarket would eliminate most of these people's calcium. So, what's to be done?

Fortunately, there is a solution to this dilemma. First, however, let's examine what milk intolerance is. Many adults who drink milk have annoying and occasionally severe symptoms of gas and diarrhea. The problem has to do with lactose, the natural sugar in milk. A chemist will tell you lactose is actually two simpler sugars, glucose and galactose, linked together. That linkage needs to be broken so the two sugars can be digested. This is done by the enzyme lactase, found in the gastrointestinal tract. The two sugars are now simple enough to be absorbed into the blood, where they are used as a source of energy.

However, many people don't make enough lactase, so not all the lactose is split. Undigested lactose stays in the gastrointestinal tract and causes the uncomfortable and embarrassing symptoms of gas and diarrhea. In fact, many people don't realize the real cause of their problems—they worry they are suffering from more serious ailments, such as colitis or diverticulitis.

Lactose intolerance is usually inherited. It affects most ethnic groups, including Orientals, blacks, Hispanics, and American and Asian Indians. (Caucasians of European ancestry are apparently the only ethnic group with few lactose-intolerance problems.) Some people become intolerant of lactose because of diseases or surgeries involving the gastrointestinal tract or because of the frequent use of antibiotics or some cancer-fighting drugs. In these cases, the area of the gastrointestinal tract making the lactase enzyme becomes permanently or temporarily damaged.

Keep in mind there are degrees of lactose intolerance. People gradually lose the ability to produce the lactase enzyme. Children and infants usually make enough, but as they grow older, lactase production slowly decreases. Because this process is so slow, the first symptoms may be mistaken for indigestion. Even later, many people may not link their almost daily discomfort with milk, for they have had milk all their lives.

Once a person recognizes he has lactose intolerance, he needs to consider three points:

1. How much lactose can be tolerated? You can find this out most easily by trial and error. Follow a lactose-free diet for five to seven days. Then try a small amount of milk (about ½ cup) with a meal. If this amount causes no problems, gradually increase the amount (by about ¼ cup) until the familiar symptoms reappear. This process gives you an idea of how much leeway you have in including lactose in your diet.

2. Besides dairy products, do any foods contain lactose? Lactose is found in many processed foods. Words to look for on the labels are: lactose, whey, milk, dry milk solids.

Having too many foods containing these ingredients at one time may be enough to cause aggravation. However, in some foods lactose may be present in such minute amounts there will be no problems.

3. Are some dairy products safe to eat? Once a person has figured out the source of his problem, he needs to realize that the easiest, most obvious solution—to stop drinking milk—is not necessarily the most healthful. For those who suffer from lactose intolerance, there are ways to keep milk and other dairy products in your diet and thus ensure a continuing generous intake of calcium.

Dairy Products for the Lactose Intolerant

Milk: Persons with a slight lactose intolerance can often digest milk well if it is part of a meal. Also, for some reason, chocolate in milk may make it easier to digest. Ice cream often poses no problem for those with limited lactase production. Apparently, the high fat content of ice cream acts as a protective agent.

Treated milks: Several specially

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treated milks are also available. The Lactaid company has produced a variety of such products. In many parts of the country, stores carry Lactaid milk, usually in quarts. The milk is 70 percent lactose reduced, a level tolerated by many lactose-intolerant people. Lactaid milk is ready to drink, and it can be used as regular milk in recipes as well. It has a slightly sweeter taste, because the lactose has been split into the two simple sugars.

You might prefer to purchase Lactaid drops and add them to regular milk yourself. Refrigerate this milk for up to 24 hours to give the enzymes time to split the lactose. Adding four or five drops makes a quart of milk about 70 percent lactose reduced, or, if needed, you can add more drops for nearly 100 percent lactose-reduced milk. A pamphlet of instructions is provided. You can use this milk either as a drink or in recipes needing milk. Ask for this product at your neighborhood pharmacy; if the store doesn't have it, it can order it for you.

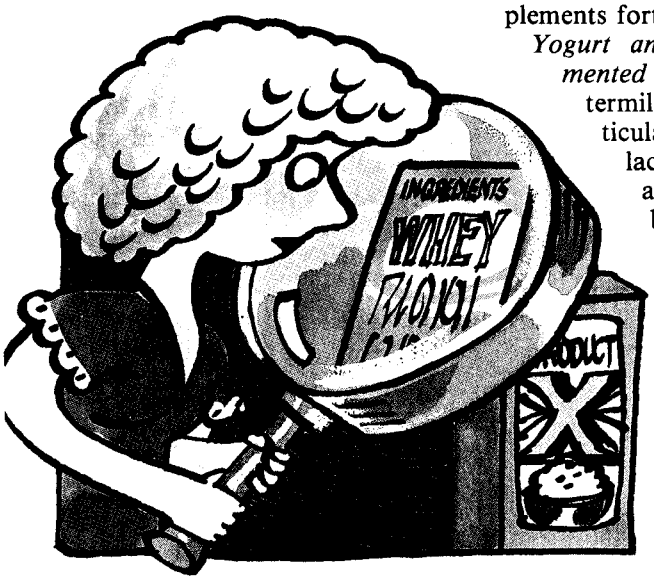
The Lactaid company seems to have all the bases covered; it not only has drops for treating milk, but it also offers tablets. The tablets are a natural source of lactase. Before eating a meal that contains lactose (milk, cream soup, cream sauce, ice cream), take one to three tablets. The enzymes in the tablets will split the lactose apart as you digest your meal. These tablets are particularly helpful when you eat away from home. There are no adverse reactions with these products.

Sweet acidophilus milk is another lactose-reducing product. The milk is processed with a bacteria culture that will change lactose to lactic acid, which is more easily absorbed. Sweet acidophilus milk is not helpful for all lactose-intolerant people; some still have digestive difficulties.

(Several nondairy products resemble milk. They are free of lactose, yet they contain many of the nutrients in milk, particularly calcium. Vitamite can be purchased as a liquid or as a powder. It can be used as a milklike beverage or substituted for milk in recipes. The fat used in Vitamite, however, is coconut oil, a saturated fat. Because we use saturated fats to make cholesterol, Vitamite would not be a good choice for those on a diet to lower cholesterol in their blood. The other products mentioned above, made with 2 percent milk, have less saturated fat than coconut oil has. In fact, if you are treating your own milk with Lactaid drops, you can use 1 percent, ½ percent, or skim milk with equally good results. Other lactose-free, nondairy beverages, such as Soyamel, include soy milk. They are also high in calcium. Sustacal liquid and Ensure are lactose-free high-calorie nutrition supplements fortified with calcium.)

Yogurt and buttermilk: the fermented milks: Yogurt and buttermilk are worth trying, particularly if you have a slight lactose intolerance. They are "fermented." The bacteria culture used to ferment yogurt has lactase enzymes that will break down the lactose for you. Frozen yogurt might be a better digested product than ice cream; it is certainly worth a try for a cool and refreshing dessert. Buttermilk is also made with bacteria culture, although it may not prove as digestible as yogurt.

Most yogurts and buttermilk are low in fat. They are a good alternative for people trying to cut back



Lactose is found in many processed foods. Words to look for on labels are: lactose, whey, milk, and dry milk solids.

CALCIUM CONTENT OF VARIOUS FOODS
(Requirement of 800 milligrams per day)

Food	Amount	Calcium (mg)
Nonfat milk	1 cup	300
Buttermilk	1 cup	285
Ice cream	½ cup	88
Plain yogurt	1 cup	415
Flavored yogurt	1 cup	389
Cottage cheese	½ cup	77
American cheese	1 ounce	174
Cheddar cheese	1 ounce	204
Mozzarella cheese	1 ounce	183
Ricotta cheese	½ cup	337
Collard greens	½ cup	150
Kale, raw	½ cup	113
Green beans	⅔ cup	3
Green peas	¾ cup	20
Dried beans, cooked	½ cup	90
Salmon, with bones	3 ounces	167
Chicken	3 ounces	11
Beef	3 ounces	11
Whole-wheat bread	1 slice	20
Noodles	½ cup	16
Cantaloupe	1 cup	68
Orange	1 medium	71
Peach	1 medium	6

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on fats, especially on saturated fats. If you are weight conscious and you like the taste of flavored yogurts, look for those with the smallest number of calories. (As an alternative, you could use plain yogurt and add your own fruits, such as unsweetened applesauce or pineapple crushed in its own juices.)

Cheeses: As a group, cheeses have less lactose than milk has. Do you recall the nursery rhyme that starts with "Little Miss Muffet/Sat on a tuffet/ Eating her curds and whey. . . ."? The rhyme refers to milk that has been curdled. The curds are mostly protein and are the base for making cheese; the whey, mostly liquid, contains much of the milk's sugar, lactose. Most people who have a lactose intolerance find they have no problem eating cheese. However, for those who produce very little or no lactase enzyme, the kind of cheese they choose is crucial.

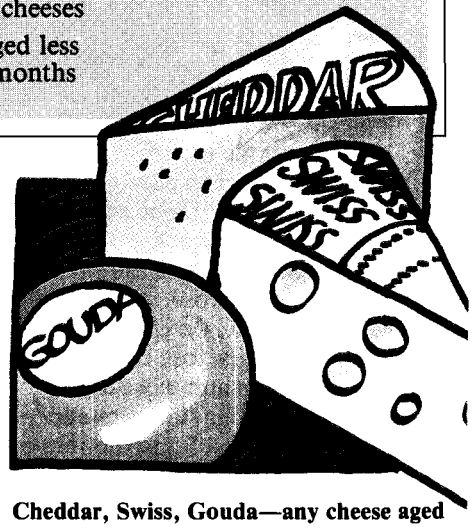
Unripened cheeses: Much of the lactose is removed when unripened cheeses (cottage cheese, ricotta cheese, mozzarella, etc.) are made, so if you have a slight intolerance they may be worth trying. Be careful with "creamed" cottage cheese, for it may have some lactose in the creamy portion. You may tolerate these cheeses better with a full meal than alone. If so, you can add more variety to your meal-time—pizza, lasagne, and cottage cheese.

Naturally aged cheese: As a cheese ages, the remaining lactose is gradually changed to lactic acid, which does not need the lactase enzyme to be digested. Cheeses aged six months or more should cause no symptoms of lactose intolerance. These cheeses include some varieties of Cheddar, Swiss, Gouda, Parmesan, sapsago, blue, Gorgonzola, Roquefort, and Stilton cheeses.

Ice cream often poses no problem for those with limited lactase, apparently because of its high fat content.

LACTOSE IN DAIRY PRODUCTS

High in Lactose	Moderate in Lactose	Low in Lactose
milk	cottage cheese	aged cheeses
ice cream	ricotta cheese	*treated milks:*
products made with milk:	Mozzarella cheese	Lactaid
puddings	cream cheese	sweet acidophilus
cream soups	processed cheeses	
cream sauces	cheeses aged less than six months	



Cheddar, Swiss, Gouda—any cheese aged six months or more should be symptom free for the lactose intolerant.

You might try other cheeses not ripened for such a long time; quite a few people can tolerate them, perhaps due to the relatively high fat content. These cheeses include such popular products as muenster, colby, mild Cheddar, Edam, and Brick, to name a few. A diet high in fat tends to extend the time food takes to move through the gastrointestinal tract; the limited number of enzymes may have enough extra time to break down the lactose. Try these cheeses. If you have the same familiar symptoms, then stick with longer-aged cheeses. Cheeses that may pose the most problems are American cheeses, processed cheeses, cheese spreads, and cheese foods, for they have little aging time and thus have more lactose content.

Cheeses, a good source of calcium, can help meet your calcium needs daily—but getting *all* the calcium you need from cheeses would require about one-fourth pound of cheese every day and, consequently, a high intake of saturated fats. Yet, if you look hard enough, there are options. You might try lower-fat cheeses. More such cheeses are available as manufacturers respond to the demand for lower-fat products. Currently available are Kraft Light Naturals, Borden Lite-Line, and Weight Watchers cheeses. Fisher produces a cheese that has replaced dairy fat with corn oil, substantially reducing the saturated fat. These cheeses, however, tend to have more lactose than the aged cheeses.

This, then, is how people intolerant of lactose can get the calcium they need from dairy products. As you can see from the chart on page 67, it is fairly difficult to supply the recommended amount of calcium day after day from other foods. A simpler solution might be to take calcium supplements. But, as usual, simple solutions are not without problems: calcium supplements, taken with meals, can often interfere with the absorption of other important minerals.

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LARGEST:
40mm diameter

ACTUAL SIZE!

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These "first ever" bullion silver dollars are still available from the limited reserve of the *Federal Coin Fund*— even though the U.S. Mint's own stock is long gone.

On October 29, 1986, the U.S. Assay Office in San Francisco was the scene of a history making occasion.

While drums of a U.S. Army band rolled and federal dignitaries looked on, James Baker III, Secretary of the Treasury, ceremoniously struck the first bullion silver dollar ever minted by the U.S. government and he predicted this new American Eagle Silver Bullion Coin "will provide investors and consumers with a high quality silver coin that is a source of pride and enjoyment, not only to the owner, but for generations of young people who will inherit and understand its importance in our country's history."

Why These Solid Silver Eagles Sold Out So Quickly

A great many foresighted collectors and investors agreed with the Treasury Secretary's assessment with predictable results. Recent U.S. Mint history repeated itself, and all of the 1986 Silver Eagles quickly sold out like the $50 U.S. Gold Eagle Coin which preceded it. Under pressure of continuing demand, prices have actually doubled since then. Moreover, these increasing values are expected to continue since 1986 is the *first* year's minting in this important new silver bullion series. Thus, it will always be a necessity for any investor/collector forming a complete set.

Even though the entire U.S. Mint 1986 issue has long been disbursed, you can still obtain yours from the reserve stocks of the privately owned Federal Coin Fund. Thanks to timely action, we are able to offer these rare 1986 Silver Eagles, just as they came from the U.S. Mint, in Brilliant Uncirculated condition—*and indeed, untouched except to fill your order.*

The guaranteed price is only $29 per coin while these limited reserves last. Since these unique bullion silver coins have such a remarkable record of increasing value, you would be well advised to secure yours today.

Satisfaction Guaranteed

The *Federal Coin Fund*, a private numismatic group led by a Life Member of the American Numismatic Association, unconditionally guarantees your complete satisfaction on every coin you purchase through this special offer. Each will be a genuine U.S. Mint silver dollar certified to be in Brilliant Uncirculated condition. If for any reason you are not pleased, you may return to the company, your coins as received within 10 days for a full refund.

Don't miss out on this unusual opportunity to add valuable assets to your own estate and to create priceless heirlooms your children and grandchildren will cherish. All coins are subject to prior sales, so place your no-risk order today, while you are still guaranteed against future price increases.

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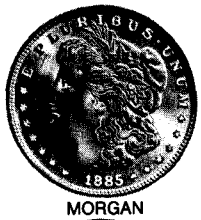

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U.S. Mint Morgan Silver Dollar Minted: 1878-1921

Minted from 1878-1904, and in 1921, each is 38.1 mm. in diameter and contains .77344 oz. of silver. In 1918, the U.S. Government melted over ¼ billion Morgans to use this silver, making surviving dollars instant collector's items! These classic rarities, still stored in original U.S. Treasury coin bags, after all these years, are now available on a limited basis from Federal Coin for only $79 per coin. *Each is guaranteed and certified to be in Brilliant Uncirculated condition, virtually untouched except to fill your order.*

PEACE

U.S. Mint "Peace" Silver Dollar Minted: 1921-1935

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VETS ON PETS

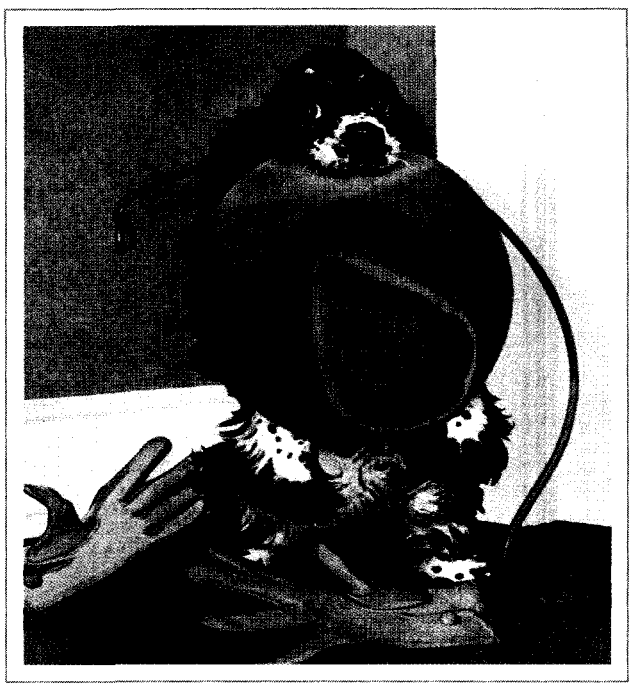
BE HEP TO YOUR PET

Understanding an animal's body language can protect you from jaws that bite and protect the sofa from claws that catch.

by H. Ellen Whiteley, D.V.M.

C.K., my cat, and I communicate daily, sometimes orally, sometimes not. I seem to know when he is hungry or wants to go out. He "knows" when I am displeased about his climbing on my living-room chair. We have learned to read each other's tone of voice and body movements.

Animals communicate, for the most part, through body language. Suppose that your neighbor asks you to turn off the sprinkler system in his backyard. You open the fence gate and see his German shepherd standing on the patio, not far from the sprinkler. As you approach, the animal avoids eye contact with you and appears to be "grinning" with its lips retracted. As you get closer, the animal urinates, lies on its side, and lifts a rear leg. This animal is exhibiting signs of submission. You should respond by moving slowly and talking calmly and quietly to the animal so that it does not become apprehensive. Such an animal may become frightened if you approach aggressively. Signs of fear include trembling, salivation, and panting. The animal may also tuck its tail between its legs and avoid you. Remember: a frightened dog may bite if cornered.



Your pet may not be able to get the words out—but with training you can understand what he's trying to say.

Suppose, on the other hand, the dog stares at you as you approach. It bares its teeth and snarls, and its hair seems to stand on end. The dog's tail begins a rapid transverse flagging motion, and its ears flatten against its head. This dog is telling you that you are invading its territory and that you had better leave. Lower your eyes to avoid eye contact with the dog and calmly back out of the yard. Better that your neighbor have a wet yard than that you suffer injury.

Cats, too, convey meaning through their behaviors. When my friend Agnes approaches her Persian cat for grooming, the cat lowers its body, and its ears lie back. If Agnes continues her approach, the cat runs away. When cornered, the cat will hiss and attempt to scratch and bite. The cat is fearful when she sees the comb in Agnes' hand because its previous owner once hurt the cat when removing mats. Agnes has had to bring the cat to me, and I tranquilize the cat to cut out the mats. I instructed Agnes to show the comb to the cat every day so the cat no longer associates the comb with pain. Then she should begin gently combing the cat daily while petting it. The cat will gradually learn that the comb is not painful, and the problem of matting will be solved.

Sometimes pets try to deceive us with their behavior, and often they succeed. When Fifi Jones, the pampered poodle of an elderly lady, caught its paw in a screen door, it required three small sutures and a bandage. The injury was minor, but Fifi seemed to take a long time to heal. She continued to limp periodically months after the bandage and sutures were removed. I finally suggested to Mrs. Jones that Fifi was fine and that the limp was a plea for attention. I urged Mrs. Jones to ignore Fifi when she limped and to give her attention when she acted normal.

Most enlightening for pet owners, perhaps, is the message to be learned when a pet fails to communicate at all. Twelve-year-old Jason bought two parakeets and spent hours trying to train them to talk. But after a year, neither Laverne nor Shirley had uttered the first human sound. Actually, few parakeets ever learn to mimic humans. Only individual birds, separated from other birds early in life, become strongly enough attached to their human companions to learn to talk. Getting Laverne and Shirley to talk was a losing project from the start. Laverne and Shirley had each other to talk to in "parakeetese"; they didn't need anyone else.

Questions for the Vet

Dear Dr. Whiteley,

My children, ages six and ten, have no fear of animals, yet my oldest son has been bitten twice by neighbor-

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hood dogs. Should I be concerned? I hate to make them afraid of animals.

Alice Bertrum
Great Falls, Montana

Dear Alice,

Most animal bites are preventable. I believe that all children should be taught the "Ten Commandments" of animal-bite prevention.

1. *Never* bother an animal while it is eating or sleeping.
2. *Never* approach a mother animal with young.
3. *Never* attempt to take toys or food from an animal.
4. *Never* try to pick up an injured animal. Consult an adult for help.
5. *Never* attempt to stop a dog or cat fight with your bare hands.
6. *Never* play roughly with your pet. The animal may become excited and bite.
7. *Never* approach a dog in its own yard. A dog is naturally protective of its property; it may bite.
8. *Never* attempt to pet or pick up strange animals.
9. *Never* attempt to catch wild animals.
10. If a large dog comes after you, do *not* run. Stop, face the animal, remain calm, and talk quietly. Once the animal appears calm, back out of the area slowly. If you are bitten, keep track of the animal and call a responsible adult for help.

Responsible pet ownership helps prevent animal bites by domestic animals. Train your dog to respond to the basic obedience commands. Restrain your animals at all times by leash or within the boundaries of a fenced yard. Parents can teach children respect and safety for themselves and animals without instilling fear. Adult supervision is encouraged for all children too young to understand these rules.

H.E.W.

Dear Dr. Whiteley,

I am confused about a point in your July/August 1987 article in the *Post* concerning heartworms in dogs. You said that if a dog has heartworms, it can be put on a daily medication. When my dog had heartworms, it had to go through a series of arsenic injections to kill the heartworms before it could be put on the daily oral preventive medication. Please explain.

Maureen Fairbault
Mobile, Alabama

Dear Maureen,

Thank you for catching the error in the article about summer concerns for pets. The statement you refer to should have read, "If your dog does *not* have heartworms, it can be put on an oral medication during the mosquito season in order to prevent heartworms."

H.E.W.

Dear Dr. Whiteley,

I am concerned for my pet, a 12-year-old Chihuahua-terrier mix. The past five years she has been developing tumors, and her vet doesn't seem concerned about them. She has one on her right flank the size of a grape and two or three small ones developing in other parts of the body.

The tumors are ugly looking, with fluid and veins and divided segments like cauliflower. She is in very good health otherwise—eats good once a day, drinks a lot of water, and is on a routine that takes care of eating, sleeping, and bowel movements.

This dog was an eight months' stray, found starving in a large city. We took her home, had her vetted and spayed, and built her back up. Her vet says she has a life span of possibly 13 years.

Can anything be done about these tumors? Should I change my vet?

Other pet owners must have this problem, although I have never seen an article on it in any publication.

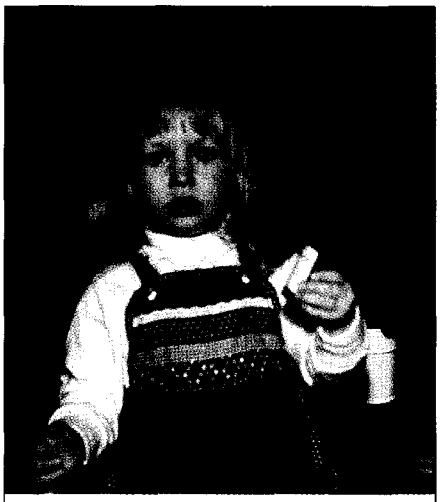
Mrs. Daryl Mouser
Eveleth, Minnesota

Dear Mrs. Mouser,

Old age does seem to bring more tumors to dogs, as well as people. You are describing skin papillomata, usually more unsightly than dangerous. These tumors can be surgically removed, especially if located in areas of the body that suffer irritation from rubbing, etc. However, your veterinarian may feel that the anesthetic risk for surgery is greater than the risk from the tumors. Please discuss this matter further with your veterinarian before giving up and changing vets.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.



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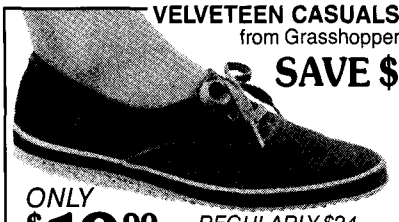

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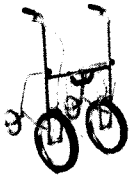

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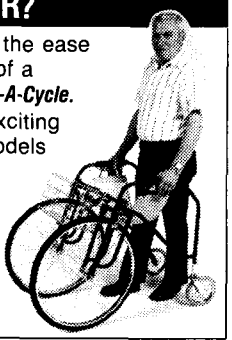

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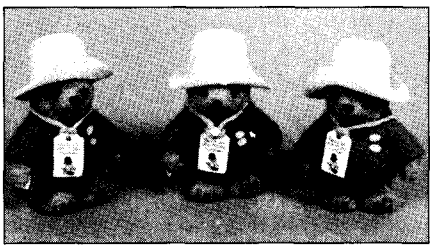

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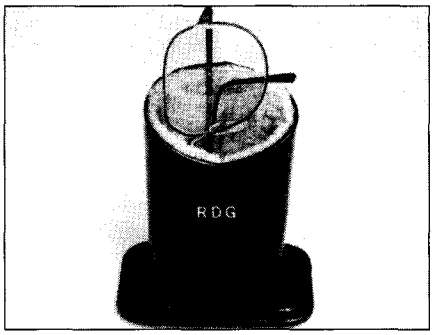

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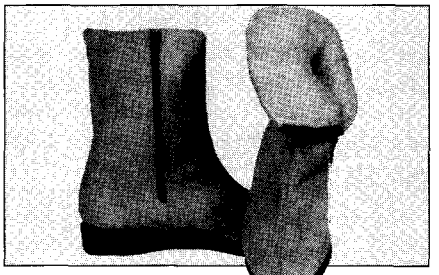

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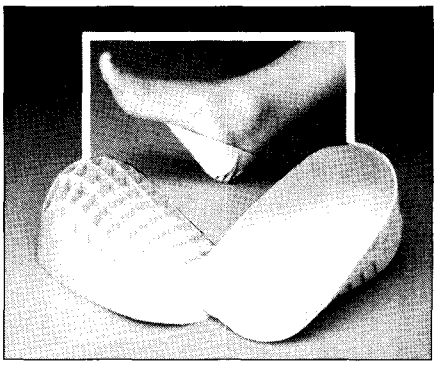

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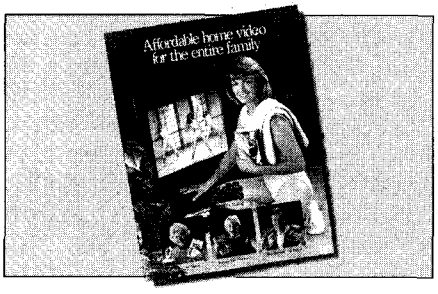

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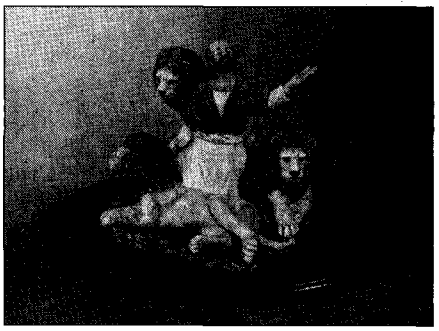

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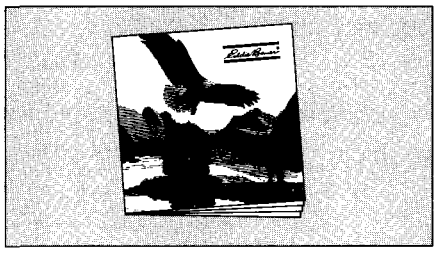

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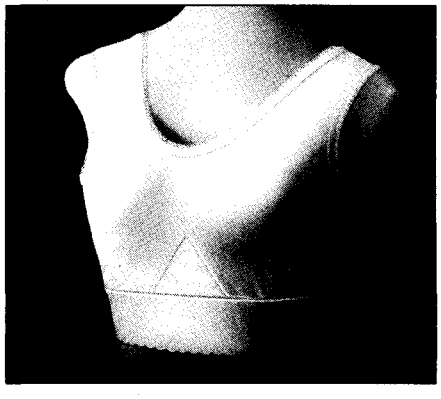

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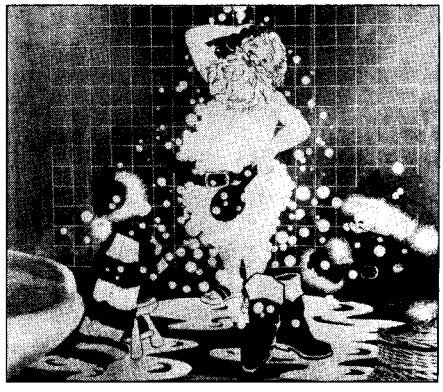

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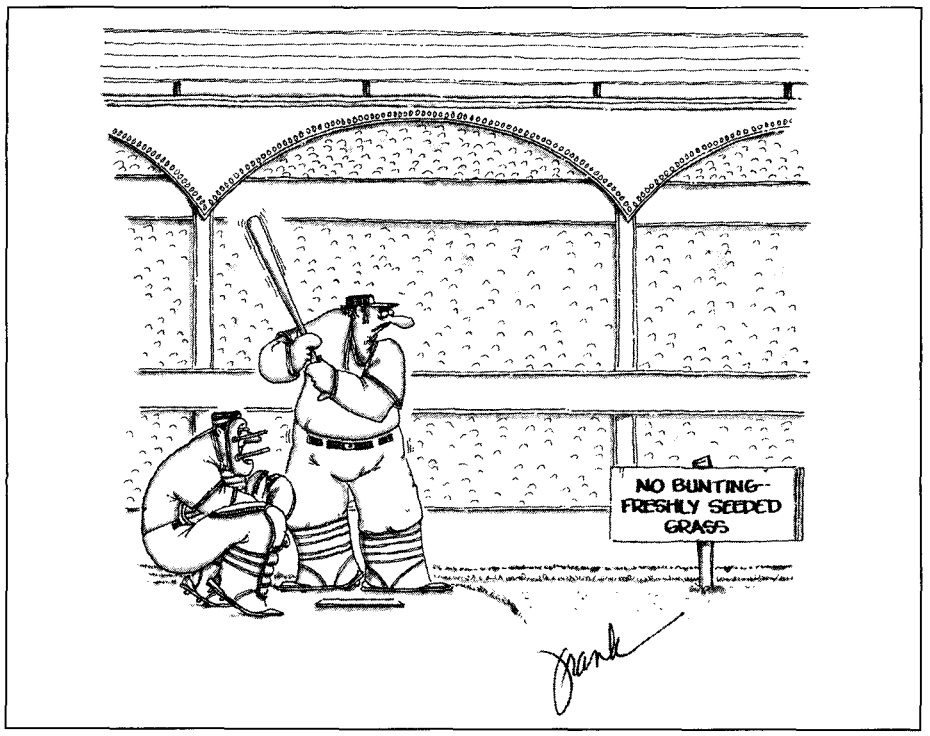

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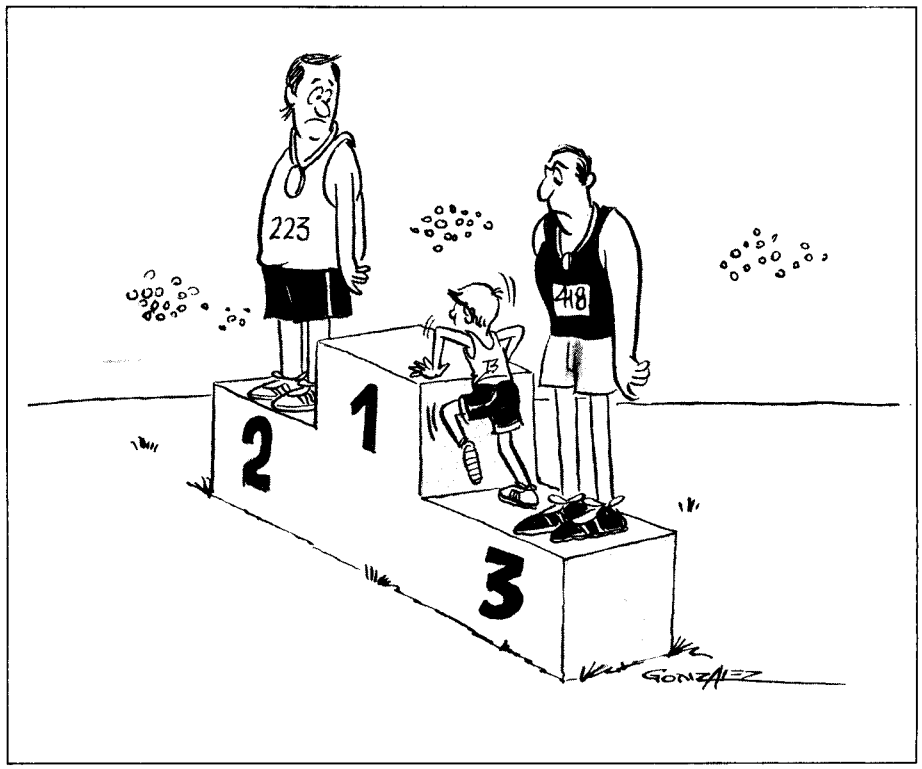

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Fool Killer

continued from page 38

very well-liked, to tell the truth, and he's letting the mill run down."

"That's a pity," said Johnny, "for it was a likely mill." Then he began to ask her more questions and she began to remember things too. Well, you know how the time can go when two youngsters get talking like that.

Johnny Pye never worked so hard in his life as he did that winter. And it wasn't the Fool-Killer he thought about—it was Susie Marsh. First he thought she loved him and then he was sure she didn't, and then he was betwixt and between, and all perplexed and confused. But, finally, it turned out all right and he had her promise, and Johnny Pye knew he was the happiest man in the world. And that night, he waked up in the night and heard the Fool-Killer coming after him—step, step, step.

He didn't sleep much after that, and he came down to breakfast hollow-eyed. But his uncle-to-be didn't notice that—he was rubbing his hands and smiling.

"Go put on your best necktie, Johnny!" he said, very cheerful, "for I've got an appointment with the

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president today, and, just to show I approve of my niece's fiancé, I'm taking you along."

"The president!" said Johnny, all dumfounded.

"Yes," said Congressman Marsh, "you see, there's a little bill—well, we needn't go into that. But slick down your back hair, Johnny—we'll make Martinsville proud of us this day!"

Then a weight seemed to go from Johnny's shoulders and a load from his heart. He wrung Mr. Marsh's hand.

"Thank you, Uncle Eben!" he said. "I can't thank you enough." For, at last, he knew he was going to look upon a man that was bound to be safe from the Fool-Killer—and it seemed to him if he could just once do that, all his troubles and searchings would be ended.

Well, it doesn't signify which president it was—you can take it from me that he was president and a fine-looking man. He'd just been elected, too, so he was lively as a trout. Anyhow, there he was, and Johnny feasted his eyes on him. For if there was anybody in the country the Fool-Killer couldn't bother, it must be a man like this.

The older men talked politics for a while, and then it was Johnny's turn.

"Well, young man," said the president, affably, "and what can I do for you—for you look to me like a fine, upstanding young American."

The congressman cut in quick before Johnny could open his mouth.

"Just a word of advice, Mr. President," he said. "Just a word in season. For my young friend's led an adventurous life, but now he's going to marry my niece and settle down. And what he needs most of all is a word of ripe wisdom from you."

"Well," said the president, looking at Johnny rather keenly, "if that's all he needs, a short horse is soon curried. I wish most of my callers wanted as little."

All the same, he drew Johnny out, as such men can, and before Johnny knew it, he was telling his life story.

"Well," said the president at the end, "you certainly have been a rolling stone, young man. But there's nothing wrong in that. And, for one of your varied experience there's one obvious career. Politics!" he said, and slapped his fist in his hand.

(continued next issue)

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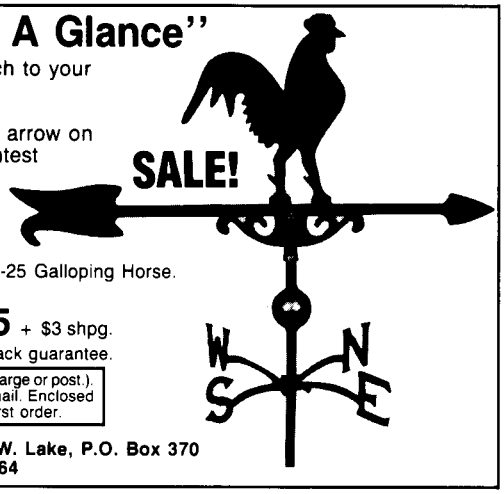

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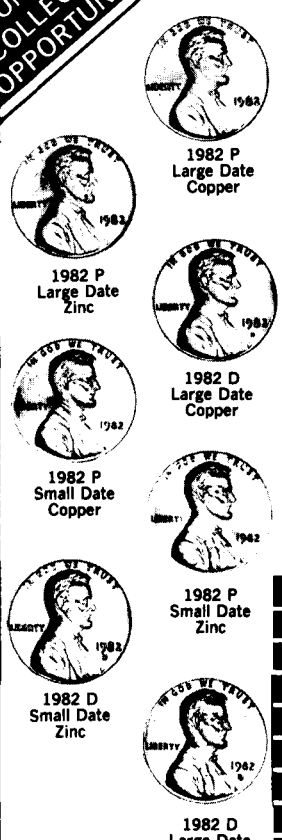
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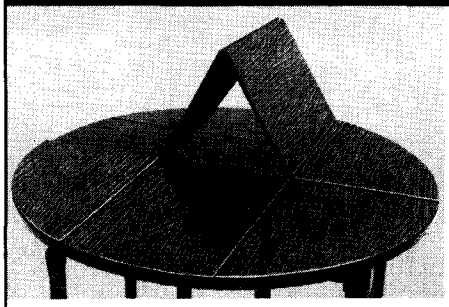

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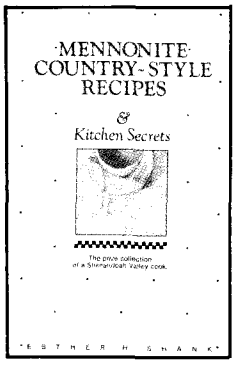

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Financial Questions

continued from page 12

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Q. I am selling my home and will receive $180,000, which I want to invest in order to have money to make monthly rental payments for an apartment. I want a monthly check with no hassle about time to renew a certificate of deposit or turnover. What do you recommend? I am 77 years old and in good health.

A. I recommend that you consider investing in a quality income-and-growth fund and set up a systematic withdrawal plan so that the fund will send a monthly check to you, your landlord, or your checking account.

A 12-percent withdrawal on $180,000 would be $1,800 per month. If you had had such a program over the past ten years plus three months (January 1, 1977, through March 31, 1987) using the "Seminar Fund" I refer to in my books, you would have received $1,800 per month during that period, $21,600 per year, or a total of $221,400. The remaining shares would be worth $224,166. If an 8-percent withdrawal had been used, the fund would have paid $1,200 per month for a total of $147,600; the remaining shares would have had a value of $456,042. At your age, even with a poor market, I wouldn't anticipate your exhausting your funds.

Miracle Food

continued from page 49

Tahal, a leading Israeli agrotech company, is helping to tap aquifers, install drip systems, and diversify local agriculture in the panhandle and arid parts of western Texas.

Quietly bridging the political barriers, Israeli specialists are training agronomists and villagers in 54 countries around the world—many without diplomatic ties to Israel. Observes Perlmutter, the farmer-scientist, "It's good news. The whole idea was to turn a curse into a benediction."

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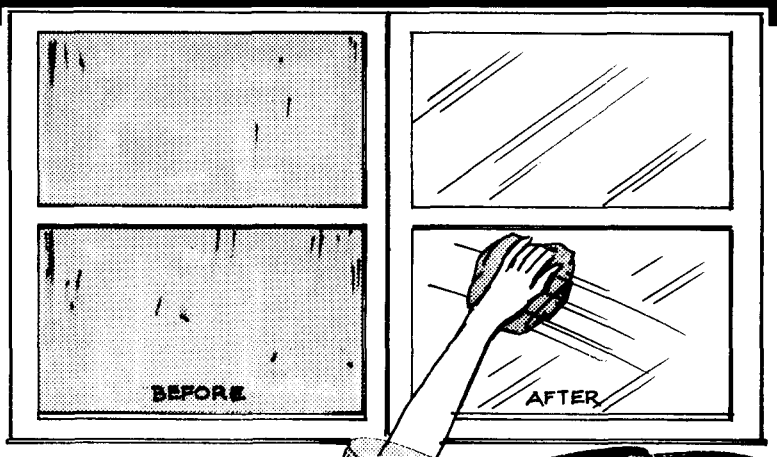

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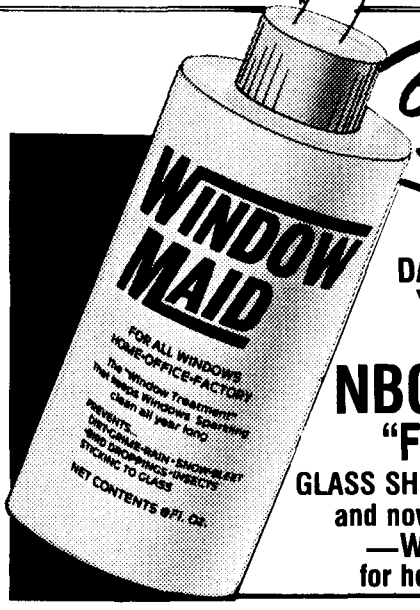

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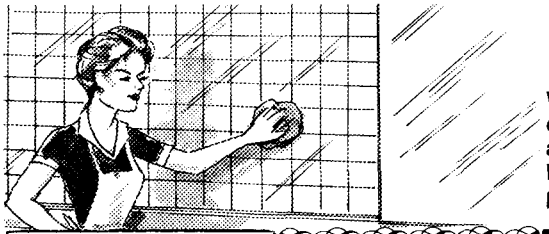

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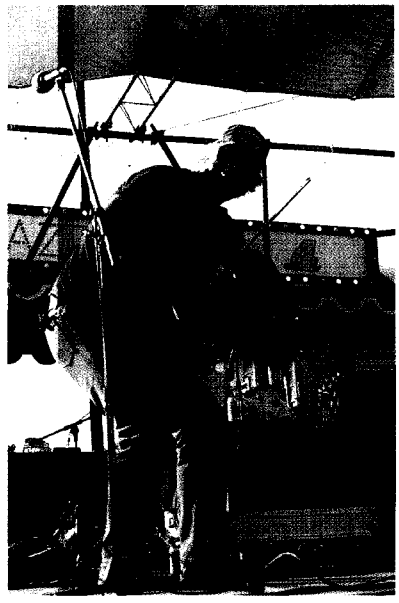
a country called CAJUN

—where the fiddlin', the cookin', and the talkin' are different from just about anywhere else in the USA.

by Marda Burton



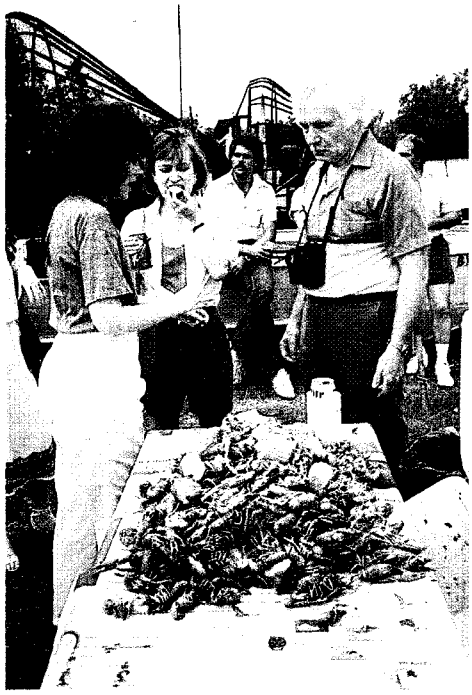
Michael Doucet's Cajun music has also enlivened Carnegie Hall and "A Prairie Home Companion."

Marsh grasses, fields of sugar cane and rice, impenetrable swamps, and gnarled oaks dominate the landscape. Signs, menus, and conversations peppered with a lively French patois dominate the local culture.

The landscape? South Louisiana's flat bayou country. The people? A clan called Cajun (derived from the word "Acadian"), whose French-Canadian ancestors migrated here in the mid-1700s after the British drove them from Nova Scotia and New Brunswick.

No longer isolated along the serpentine meanderings of small waterways, Cajuns still relish the convivial *joie de vivre* that characterizes their culture, one of the few in the United States defying assimilation.

The journey into the heart of Cajun country, once made from New Orleans only by pirogue (a boat Cajuns say



A simmering dispute: are crawfish actually a breed of mutated lobster? Well, "Papa" Angelle says, there just has to be a reason those critters taste so good.

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LE CHÊNE D'EVANGELINE
Longfellow a immortalisé dans "Evangeline" la tragédie des Acadiens exilés de leur pays à partir de 1755. Ce chêne se trouve là où, selon la légende, Emmeline Labiche et Louis Arceneaux (Evangeline & Gabriel) se sont rencontrés.

Neither a French nor a literature student? Read the text to learn about Longfellow's Evangeline.

"can float on a heavy dew"), can now be made by car in a few hours. The most scenic route is along U.S. 90 and Louisiana 182, through small sleepy towns where moss-draped oak and cypress trees overhang shimmering bayous. Although Cajuns dwell all over southern Louisiana—as far west as Lake Charles, all the way to the capital city of Baton Rouge, and deep in the marshy mouth of the Mississippi River—Lafayette (pronounced laugh-yet) is the unofficial capital of Acadiana.

The industrious Cajuns play just as hard as they work. All year long, festivals celebrate their way of life and allow visitors to participate in their customs. Hardly a week goes by without wild and sometimes unruly paeans to crawfish, alligators, rice, cotton, yams, *boudin*, gumbo, *andouille*, cattle, horses, pigs, music, dancing, pirogue racing, pecans, red beans, and rice—all the necessities of bayou life. The gregarious Cajuns even celebrate their own version of Mardi gras.

One of the heartiest revels is *Festivals Acadiens* (Lafayette, September 19-20), a combination of Cajun music, dancing, food, crafts, art, film, history, storytelling, and generally good times. The festival begins unofficially at Fred's Lounge in

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Mamou at 8:00 a.m. Saturday with a family-style dance called a *fais-dodo*.

Cajuns dance their waltz and two-step every night someplace or other, usually at a restaurant and dance hall like Mulate's in Breaux Bridge. The traditional foot-stompin' music—lusty or sad songs bellowed in French to the cacophonous tune of fiddle, accordion, and triangle (often ruined for purists by the addition of guitars)—is now a recognized form of indigenous American music.

Such young musicians as Michael Doucet, who has played with his band, Beau Soleil, at Carnegie Hall and appeared in the film *Belizaire the Cajun*, keep the tradition alive, as do such old-timers as Hector Duhon and Octa Clark, who have made music together for 50 years.

Another popular celebration is the *boucherie*, a community slaughtering ritual that may include a feast of *couchon du lait* (roast suckling pig), the savory *andouille* (ahn-dou-ee: Cajun sausage with beef), and *boudin* (boo-dan: the pork and rice version).

The crawfish boil is also ubiquitous in Cajunland. When the beloved "mudbugs" or "crawdads" go into the pot, any number of delicious dishes result, because there are almost as many ways to cook crawfish as there are ditches and swamps to catch them in. Crawfish is served up boiled or fried in gumbo, bisque, *étoufée*, jambalaya, pies, or patties. (Cajuns claim the delicacy is a lobster worn to a frazzle after following the Acadians from Canadian waters.)

Alligator, second only to mudbug in swampland gastronomic passions, has left the endangered species list and entered the cooking pot. Now it's made into gumbo or dressed up with *sauce piquante*. Such authentic Cajun fare, found at informal little restaurants all over southern Louisiana, is gaining world-wide attention as a distinctive regional cuisine.

Live gaters appear in Cajun country, too, among a wealth of other critters. Annie Miller's boat tour through the eerily beautiful cypress swamps near Houma is a safe way to closely encounter these creatures. Near Henderson, two other boat operations, McGee's and Whiskey River, explore the wild Atchafalaya River Basin.

A scenic ramble to such places as Grand Coteau, Avery Island's Tabasco factory and bird sanctuary, Jefferson Island's gardens, Abbeville, the shrimpboat harbor at Delcambre, and Shadows-on-the-Teche plantation in New Iberia reveals not only today's Cajun lifestyle but also the past's rich history and legend. Acadiana's most famous tale (Longfellow's *Evangeline*) has its roots in St. Martinville, where the tomb of Emmeline Labiche and the ancient oak where she waited for her lover, Gabriel, stand alongside the Bayou Teche.

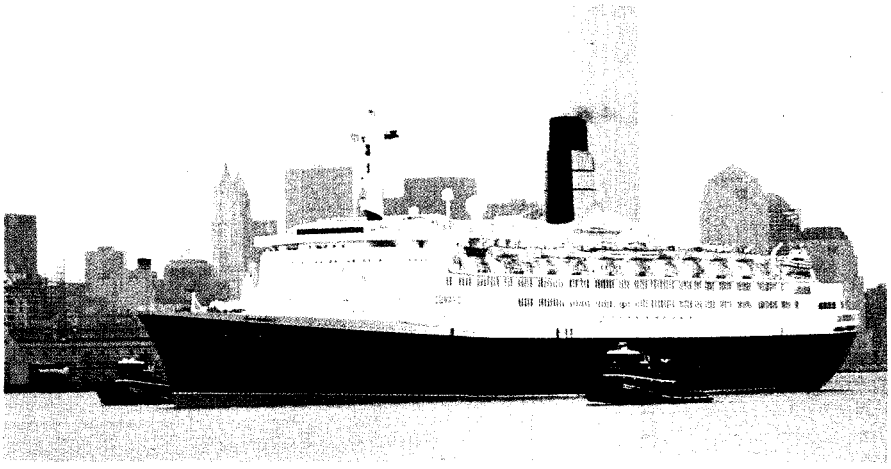
A few miles from Lafayette, Acadian Village, a relocated and restored 19th-century Cajun community, simple and serene, illustrates the qualities of the proud Gallic individualists who were determined to keep their customs intact—and do so to this day, adding a piquant ingredient to our country's ethnic gumbo.

CROSSING THE ATLANTIC IN STYLE

Sophie's hand hit the arm of the luxury liner's slot machine. The one-armed bandit's wheels began turning—and the ship began to roll.

The 67,000-ton *Queen Elizabeth 2*, operated by the Cunard Line, lists only for good cause—certainly not because Sophie likes to play the slots. But as the floor went from here to there, so did players at the "21" table, including the Watergate reporter Carl Bernstein.

Sophie reached out to steady herself. "Come on, three oranges," the middle-aged passenger shouted, oblivious to the commotion around her.



The QE 2, now diesel powered, will cut valuable hours from her transatlantic time.

A moment later, the *QE 2* righted herself. She had been hit by a large wave, nothing more. The ship sailed on, her powerful stabilizers steadying her, letting nature know she may be the boss but the *QE 2* would not be bullied.

Diversions on the *QE 2*'s transatlantic run are usually less stressful. Days are filled listening to prominent lecturers, such as Carl Bernstein, the heart-transplant pioneer Dr. Christiaan Barnard, or the actor Dudley Moore. There are pools to dive into—including an indoor one—fully equipped gyms to work out in, and paddle-tennis courts to conquer. As a bonus, the *QE 2* has a user-friendly, state-of-the-art computer center, where you can learn the latest in computer technology.

The ship has recently undergone a facelift, the most dramatic feature being the installation of nine new diesel engines to replace the older steam turbines. The result is that the liner's maximum cruising speed has been increased from 28.5 knots to 32.5 knots; fuel savings with the new en-

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From Grand Ole Opry to grand opera, the Grande Lounge is capable of accommodating almost any musical taste.

gines are expected to be significant.

"We're increasing the profitability of the unit," says Capt. Lawrence Portet, the master of the *QE 2*, adding, "Voyages can now be shorter, giving us a greater reserve to maintain our schedule."

(Unfortunately, on the *QE 2*'s postoverhaul voyage last spring, some of the passenger cabins were not fully ready for occupancy, and other shipboard facilities were not operational. Many passengers complained of inconvenience or discomfort. The Cunard Line, which promptly offered 40 percent refunds to dissatisfied customers, says the ship is now up to speed in every sense.)

Other changes on the ship include a new Shopping Promenade with such designer boutiques as Christian Dior, Gucci, H. Stern, and the only tuxedo rental and tailor shop afloat. There's also a new sports center with separate facilities for youths, teens, and adults; an executive boardroom for shipboard business meetings; and a redesigned and renamed night club.

"We've changed the staircase from one end of the night club to the other, redecorated, and made the area more spacious and accessible. We now call it the Grande Lounge," says Frank Prowse, a hotel manager responsible for passenger services. "We've also relocated and made the computer center larger, added some penthouse Diehl, a New Jersey engineer who also designed a motor to fit the Singer

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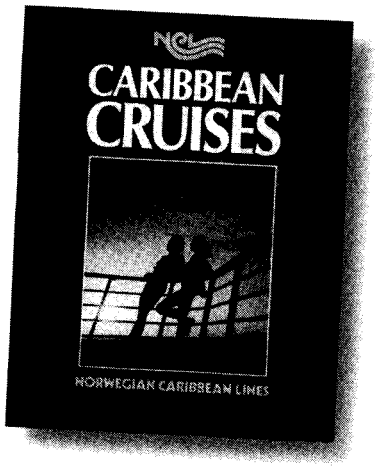

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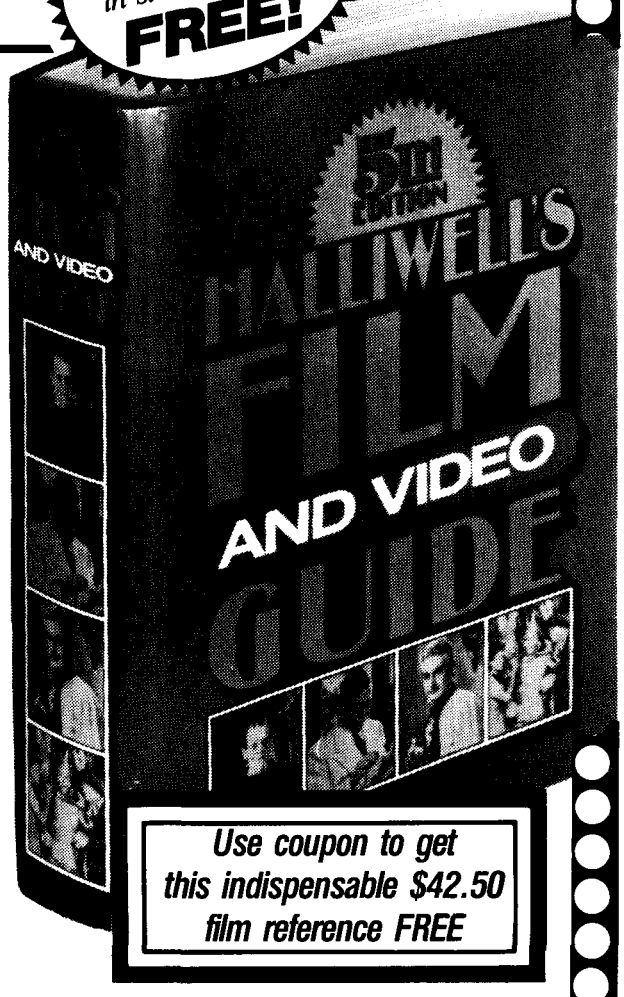

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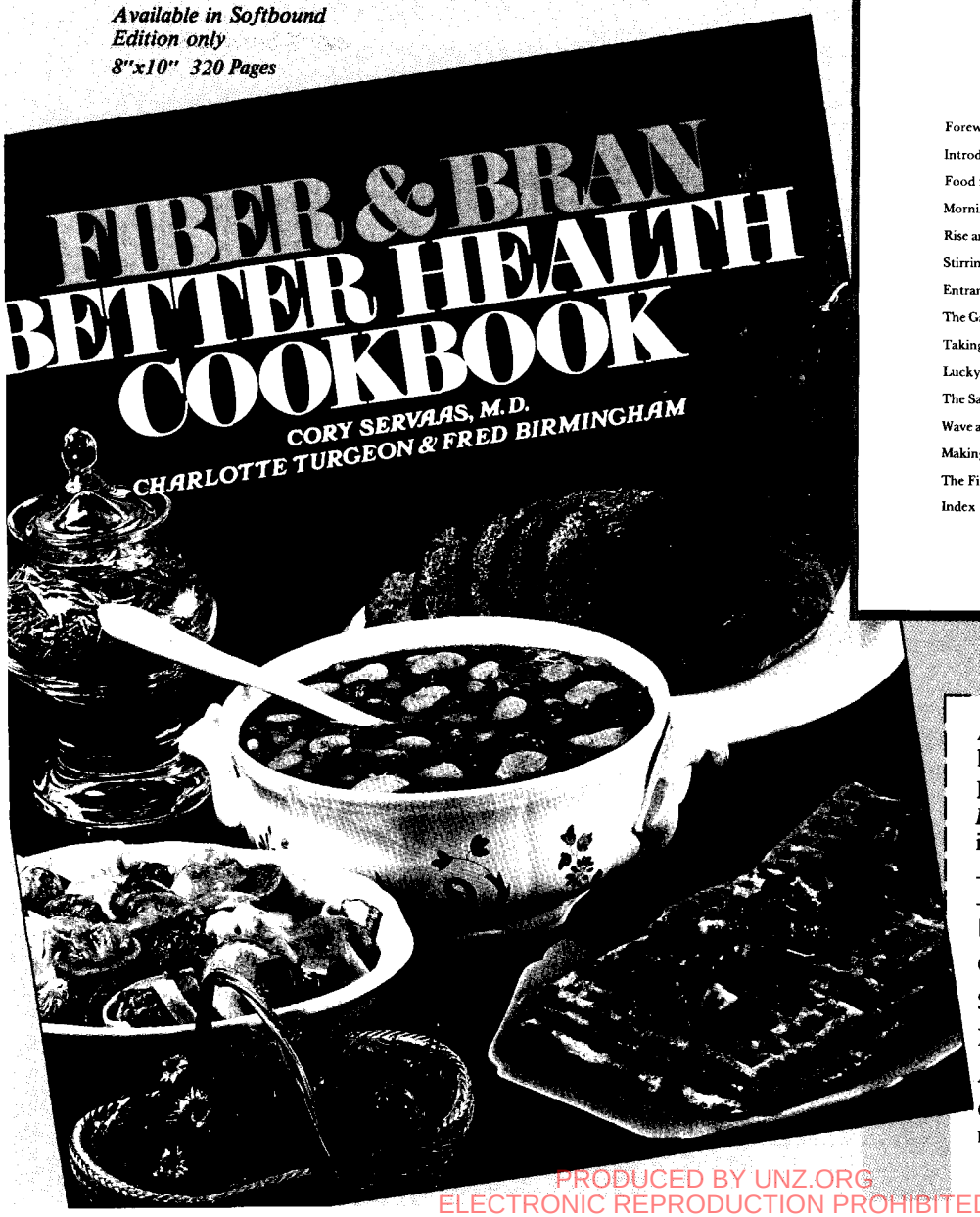

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...I have lost a total of 38 pounds in 2½ months. I used to sell Herbalife and I found your products very effective. I eat sensible and treat myself to whatever I want once a week...*Vanessa - Omaha, Nebraska*

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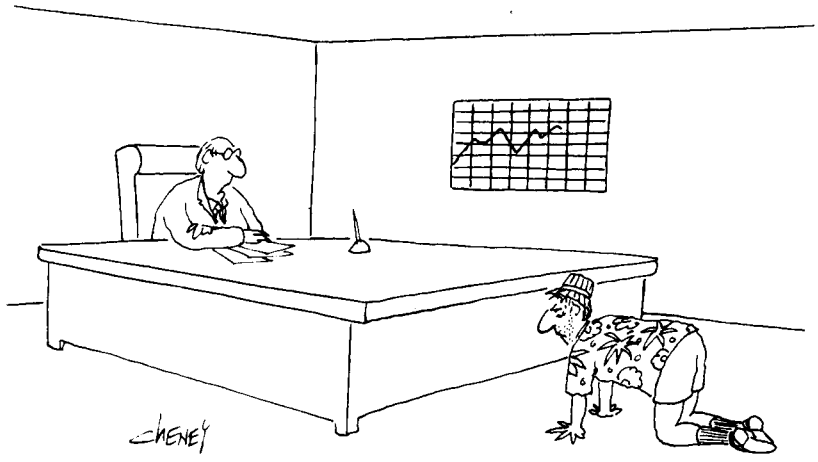

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cabins, and increased seating in the Queens Grill," Prowse adds.

The Queens Grill and the Princess Grill are the two first-class dining rooms, where passengers may order *anything* off the menu. This creates a problem for the chef, Mr. W. Souter.

"I'd like to stop the special orders. That would cut down on our costs," Souter says. But restaurants where passengers can order their hearts' desires make a voyage on the *QE 2* particularly appetizing to gourmands.

In fact, although the renowned Golden Door Spa has a branch on the ship, with specially trained exercise instructors, Souter observes, "People come away to *eat*! No one ever asks for the Golden Door menu that's available at every meal." Still, it's nice to have the option of low-caloric, nutritionally balanced meals.

Overall, a voyage on the *QE 2*, whether to Europe, the Caribbean, or round the world, is the height of luxury, with prices to match. But on five-day transatlantic crossings, Cunard offers a special package price that includes return transportation on British Airways' supersonic jetliner, the Concorde.

—Fred Rosen

RHINE DIARY

Traversing the Rhine River from Arnhem, Holland, to Rüdesheim, West Germany, on the good ship *M/V Rijnhaven* is easier than reaching the good ship *M/V Rijnhaven* in the first place.

Thanks to our travel service, our transfers from plane to hotel to train to bus to ship were made without our winding up in Timbuktu or worse.

Day one: The Rhine, having begun its tortuous journey in the melting snows of the Swiss Alps, and the snows evidently having been plentiful this year, was flooded. Not only flooded but, to my surprise, the same shade of dirty brown as the Mississippi at New Orleans. I must have been thinking of the Blue Danube.

The day's diversion was looking down from a chair on the upper deck upon a strange mixture of river traffic: barges laden to the water line with oil, sand, cement, coal, and "Rhine Containers" containing who-knows-what. One long boat had its three decks stacked with new automobiles. A passing boatload of tourists crowded the rail to stare at our boatload of tourists staring back at them. "Personality" and "wagon" ferries, sculls, skiffs, kayaks, and canoes added color to the confusion. We spotted but a single sailboat and but two fishermen and one fisherboy.

Day two: The reason we missed the excitement of our first docking had something to do with its timing—midnight. But as the sun rose over Cologne, the great city of Charlemagne, now restored after heavy damage in World War II, we could see within walking distance the twin spires of the magnificent Cologne Cathedral. When finally we stood looking up at those 515-foot spires, we offered no apology for giving the appearance of two Hoosiers gawking like—well, like a couple of Hoosiers.

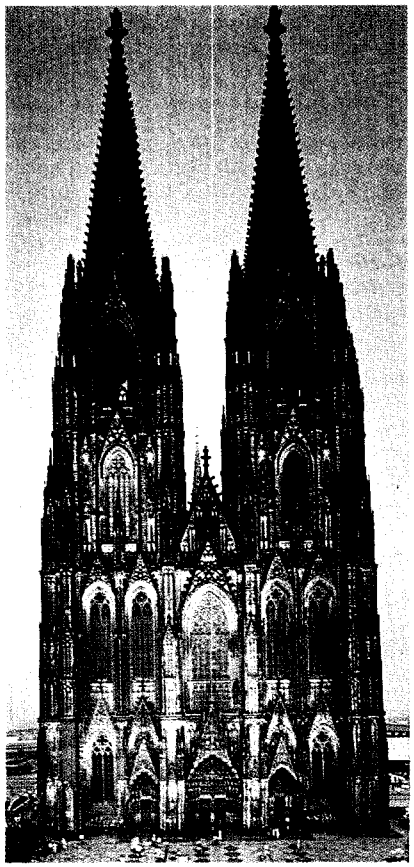
Next door is the Roman-Germanistic museum. Here, the 2,000-year history of Cologne comes to life in a way not to be forgotten: the daily life of the Romans, Roman arts, mosaics, tombs, precious glassware. We were immediately brought back to this century, however, when just across the street we saw—what else?—the golden arches of McDonald's.

Leaving Cologne, we passed the city of Bonn and entered the Seven Hills region with its "castled crag of Drachenfels." No slope is too steep to be cleared, staked, strung with wires, planted with vines, and marked with huge block letters erected to identify the grapes and the wine they will produce. A mystery is how this soil, which appears able to raise rocks only, can grow grapes. The captain explained that the thin layer of soil has slate beneath it and that the slate absorbs the heat from the sun and releases it at night. Thus, a 24-hour outdoor greenhouse.

As no slope is without its vineyard, no respectable mountain crag is without its castle. Due to the prolonged conflict with Louis XIV of France, however, most of them seen today are romantic ruins or reconstructions:

- We passed Königswinter, with its Ruine Drachenfels castle, where Siegfried killed the last dragon.
- We photographed the castle at Braubach, the only one on the Rhine to escape destruction.
- Pointing out two castles on opposite peaks of the same mountain, the

Longfellow thought Heidelberg Castle was one of the most romantic ruins of the Middle Ages.



The world-famous Cologne Cathedral was spared by Allied bombers during WWII.

continued on page 107

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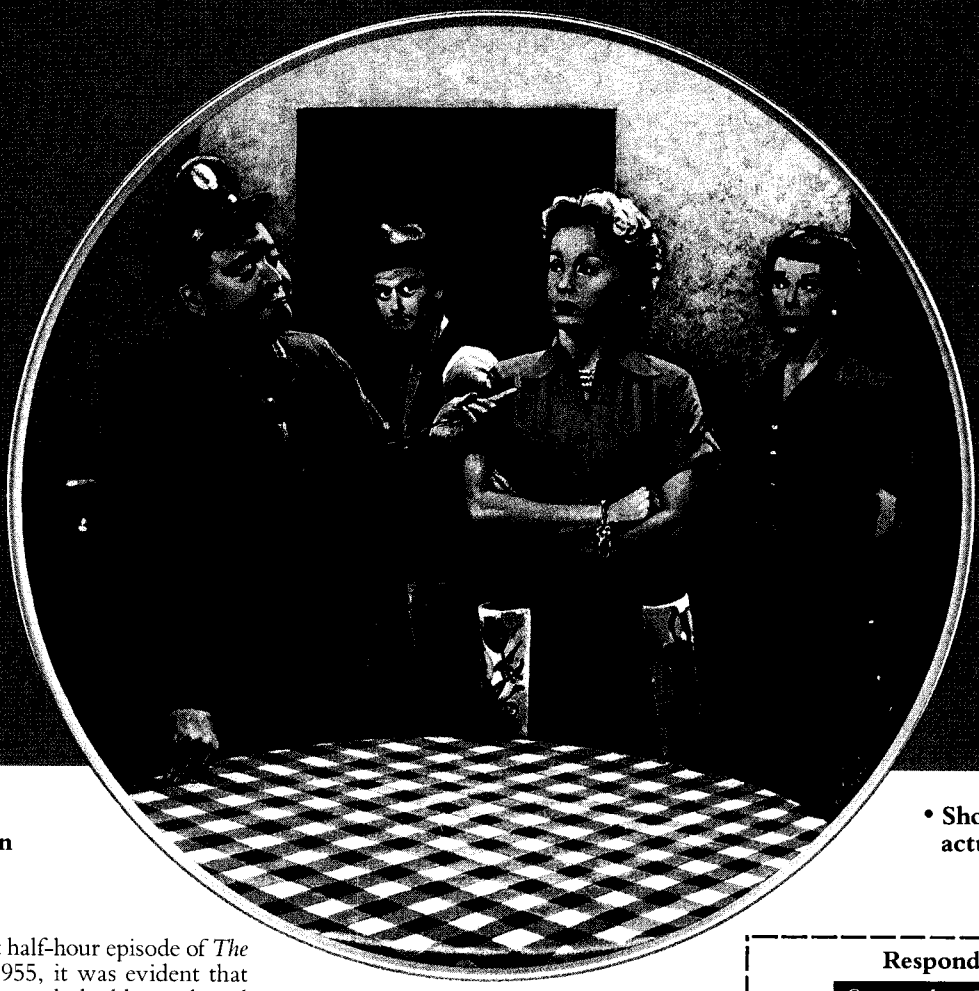

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From the very first half-hour episode of *The Honeymooners* in 1955, it was evident that the course of TV comedy had been altered forever. Who could forget Ralph Kramden (Jackie Gleason), the Brooklyn bus driver with the big dreams... Ed Norton (Art Carney), his likeable, gullible sidekick... Alice Kramden (Audrey Meadows), with her sharp tongue... and Trixie Norton (Joyce Randolph), Alice's best friend and constant companion?

And now, *Honeymooners* fans of every generation may own the *first-ever* fine porcelain collector plate created in loving tribute to the Kramdens and the Nortons. "The Honeymooners" captures each character in a typical pose: Ralph combining a menacing gesture with a look of brave defiance; Alice crossing her arms in opposition to his latest scheme; Norton wondering how Ralph will get him in trouble; and Trixie at Alice's side, ready to help her out any way she can.

Personally Approved by Jackie Gleason

Jackie Gleason personally approved the original art for this handsome plate as the premiere offer in *The Official Honeymooners* Plate Collection. The collection is comprised of eight plates, each of which will present a memorable scene from this classic television comedy series.

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Offered exclusively through The Hamilton Collection, "The Honeymooners" plate is limited to a total of 14 firing days. As an owner of this plate you are guaranteed the right—*but never the obligation*—to acquire all seven subsequent issues in the collection. Furthermore, you may acquire each one at *no risk*. The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

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More than 30 years after its premiere, *The Honeymooners* remains as popular as ever, as evidenced by the countless thousands who love to watch the syndicated showings of the episodes on stations throughout the country.

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FOOD

QUICK & EASY MEXICAN MEALS

Entertaining thoughts for something different? Make it Mexican.

by Patrick Perry

Most of the time meals just happen. Always on the run, we shift into automatic pilot at mealtime and dish out either truly forgettable new experiences or regrettable reruns from the weeks before. Diagnosis? Menu fatigue.

Time to cook up a solution. The evening meal for the family is the main event, so why not surprise them with a fiesta? Mexican cuisine is an economical, easy-to-prepare, healthful alternative. And in September the timing couldn't be better. Late summer is the ideal time to gather the freshly harvested vegetables that render a Mexican meal most memorable.

Over the centuries, Mexican cooks have looked to the land for the principal ingredients in their cuisine. Tomatoes, garlic, corn, and chilies—all play dominant roles in Mexican-style recipes. But even with these limited basics, the culture still has developed a cuisine of incredible variety. Undoubtedly, the chili plays the most potent and essential role in Mexican cookery. Visit one of the country's open markets, and you will see stall after stall of chilies—the country produces more than 100 varieties. Each chili, by itself or in combination, plays an intriguing part in regional recipes. Although for ease and convenience we list canned chilies in our recipe ingredients, feel free to substitute piquant, spicy, fresh chilies—but beware. Fresh chilies are much hotter than their canned counterparts. The juice can even sting the sensitive areas around your eyes and lips. And keep in mind that chilies are unpredictable. A normally mild chili may possess fierce heat. Sample the chili before adding it to the recipe, and add more or less to suit your personal taste.

From Turkey Tacos to a guacamole-filled Tortilla Lasagne, these south-of-the-border treats will make mealtime magic at your homestead.

Tasty Tacos

(Makes 8 tacos)

1 tablespoon oil
1 pound lean ground beef
1 can (10¾ oz.) Campbell's condensed tomato soup
1 tablespoon taco sauce or mild salsa
½ teaspoon chili powder
8 taco shells
½ cup shredded Cheddar cheese
1 cup shredded lettuce
¼ cup finely chopped onion, if desired

In 10" skillet over medium-high heat, in hot oil, cook ground beef about 10 minutes or until brown; stir frequently to break up lumps. Stir in tomato soup, taco sauce, and chili powder. Reduce heat to low; cook about 5 minutes or until mixture is slightly thickened. Remove from heat. Heat taco shells as directed on label. For each taco, spoon about ¼ cup beef mixture in shell. Top with cheese, lettuce, and onion.

Tacos, the treasured little snacks of Mexico, rank *número uno* in pleasing American appetites.

Tortilla Lasagne

(Makes 6-8 servings)

1 tablespoon salad oil
½ cup chopped onion
2 cups "V8" vegetable juice
1 tablespoon cornstarch
¼ cup chopped canned green chilies
2 tablespoons chopped fresh cilantro or parsley
1 pound ground beef
1 cup salad oil
6 flour tortillas (8")
1 cup guacamole
1½ cups shredded Monterey jack cheese with jalapeño peppers

To make sauce, in 2-quart saucepan over medium heat, in 1 tablespoon hot oil, cook onion until tender. Stir in vegetable juice, cornstarch, green chilies, and cilantro; heat to boiling and stir until sauce is thickened. Reduce heat to low; simmer 10 minutes and stir occasionally. Set aside ⅓ cup sauce. Meanwhile, in 10" skillet over medium heat, cook beef until browned and stir to separate meat. Spoon off fat; stir in remaining sauce. In 10" skillet over medium heat, in 1 cup hot oil, fry tortillas, one at a time, about 5 seconds on each side or until softened. Drain on paper towels.

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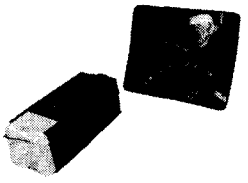
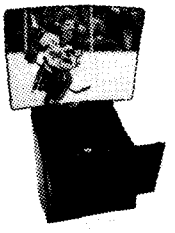
A MOVIE THEATER IN YOUR ROOM!!

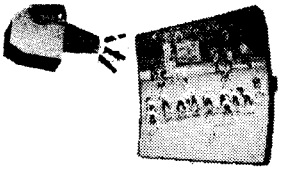
SIZES FROM 4-15 FEET



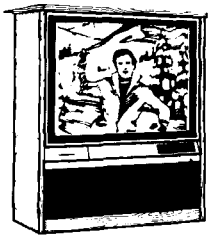
Portable Projection TV
Model TVI780
4, 5 ft. screens



Self-Contained Projection TV
Model TVI 760
4, 5 ft. screens
U.S. & other patents



Overhead Projection
Model Mega 1100
4, 5, 6 ft. screens



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To make tortilla lasagne, place tortilla in 9" or 10" pie plate; cover with about 1 cup meat mixture. Top with another tortilla; cover tortilla with ½ cup guacamole and sprinkle with ½ cup cheese. Repeat layers, ending with tortilla, remaining meat mixture, remaining tortilla, and reserved sauce. Bake at 350° F. 30 minutes or until hot. Sprinkle with remaining cheese; bake 5 minutes more or until cheese melts. Let stand 10 minutes; cut into pie-shaped wedges to serve.

Olive Guacamole
(Makes 1⅔ cups dip)

2 medium avocados, seeded, peeled, and coarsely chopped
1 thin slice of small onion
1 tablespoon lemon juice
1 clove garlic, quartered
¼ teaspoon salt, if desired
½ cup large pitted ripe olives, drained and wedged
1 small tomato, peeled and chopped
2 tablespoons finely chopped canned green chili peppers

In blender container, combine avocados, onion, lemon juice, garlic, and salt. Blend till smooth, stopping to scrape down sides of container as necessary. Turn mixture into mixing bowl; stir in olives, tomato, and green chili peppers. Cover and chill till serving time.

Serving suggestion: Serve with tortilla chips or with fresh vegetable dippers: broccoli or cauliflower flowerets, carrot or celery sticks, green onions, green or sweet red pepper strips, and cherry tomatoes.

Fiesta Salad
(Makes 6 servings)

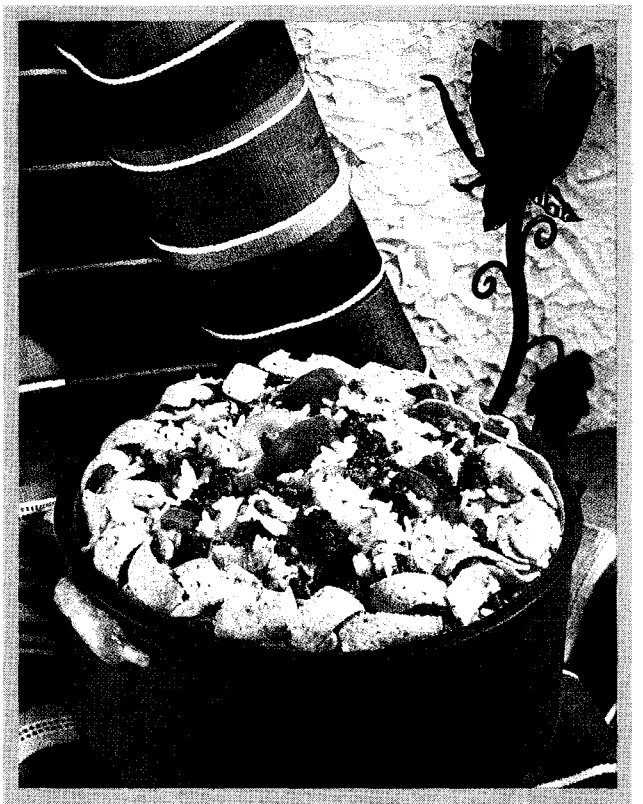
3 cups cooked rice, cooled to room temperature
2 cups chopped cooked chicken
½ cup grated Monterey jack cheese
1 cup diagonally sliced celery
1 small onion, thinly sliced
½ green sweet pepper, cut in strips
1 can (4 oz.) green chilies, diced
1 clove garlic, minced
2 teaspoons chili powder
1 teaspoon salt, if desired
½ cup yogurt
Pitted ripe olives, sliced, if desired

Combine all ingredients except olives in large mixing bowl. Toss lightly. Garnish with olives and serve on salad greens, if desired.

Turkey Tacos
(Makes 10 tacos)

Taco filling:
2 tablespoons vegetable oil
¾ cup finely minced onion
1 pound ground turkey
1½ teaspoons chili powder
½ teaspoon cumin
¼ teaspoon powdered or rubbed oregano
1½ teaspoons salt, if desired
1½ teaspoons granulated garlic (or 2 fresh cloves, pressed)
Dash cayenne pepper
2½ teaspoons cornstarch
5 tablespoons water
3 tablespoons taco sauce

Garnishes:
1 tomato, diced
2½ cups finely shredded lettuce
⅔ cup finely shredded Cheddar cheese
8 ounces taco sauce



Hot Monterrey Bake, a spicy combination of peppers, rice, and fresh vegetables, is a perfect centerpiece.

Heat oil in small frying pan over medium-high heat. When oil is hot, add onion and cook until translucent. Add turkey and stir to break up. Cook just until cooked through, about 2 minutes. Stir in spices. Mix cornstarch with water and stir into turkey mixture. Bring to boil, stirring. When mixture thickens, add taco sauce. Heat well and serve in preheated taco shells with garnishes.

Guacamole
(Makes about 1 cup)

1 medium avocado, peeled, pitted, and mashed
2 tablespoons finely chopped onion
1 tablespoon chopped green chili
1 small clove garlic, minced
1-2 tablespoons lemon juice

In medium bowl, stir together all ingredients until thoroughly mixed.

Chili Rice
(Makes 6 servings)

1 cup each chopped onions and green sweet peppers
1 clove garlic, crushed
1 tablespoon butter or margarine
3 cups cooked rice
1 can (14½ oz.) peeled whole tomatoes, chopped
1 tablespoon chili powder
1 teaspoon salt, if desired

Cook onions, green sweet peppers, and garlic in butter in large skillet until tender but not brown. Stir in rice, tomatoes, and seasonings. Heat thoroughly.

Hot Monterrey Bake
(Makes 8 servings)

1 pound lean ground beef
1 clove garlic, minced
1 cup yogurt
1 tablespoon lemon juice
1 teaspoon salt, if desired
¼ teaspoon hot-pepper sauce
3 cups cooked rice
3 medium tomatoes, cut in eighths
2 cups sliced celery
1 cup each chopped green sweet peppers and chopped onions
1 cup crushed corn chips

Cook meat and garlic in lightly greased skillet until

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meat is no longer pink; stir to crumble. Pour off fat. Blend yogurt, lemon juice, salt, and pepper sauce. Add this mixture and remaining ingredients, except corn chips, to ground beef. Turn into greased 2-quart casserole; top with corn chips. Bake at 375° F. 25-30 minutes.

Salsa Mexicana
(Makes about 2 cups)

1 medium clove garlic, minced
1 tablespoon salad or vegetable oil
1 can (8 oz.) tomato sauce
1 large tomato, chopped
⅓ cup water
¼ cup chopped onion
1-2 tablespoons chopped cilantro or parsley
Grated peel and juice of ½ Sunkist lemon
¼ teaspoon salt or salt substitute
1 or 2 small fresh serrano or jalapeño chilies or ½ to 1 teaspoon dried crushed red pepper or ¼ cup chopped canned green chilies

In small saucepan, sauté garlic in oil until tender. Remove from heat and stir in remaining ingredients. (Omit water for a thicker salsa.) Serve at room temperature as dip with tortilla or corn chips.

Lemony Good Nachos
(Makes 4 servings)

8 (6") corn tortillas
Salad or vegetable oil
Grated peel of 1 Sunkist lemon
1 cup Salsa Mexicana (recipe above)
1 cup (4 oz.) shredded Cheddar or Monterey jack cheese
¼ cup sliced green onions (scallions)

Cut each tortilla into 6 or 8 wedges. Let stand, uncovered, to dry slightly. In small batches, fry in 1" hot oil, about 1 minute, turning occasionally, until crisp and lightly browned. Drain the tortilla chips on paper toweling. Arrange chips in 9" or 10" pie plate; sprinkle with grated lemon peel. Spoon Salsa Mexicana over chips; sprinkle with cheese and green onions. Serve as is or heat under broiler for a few minutes to melt cheese.

Preparation suggestion: Substitute 4 cups packaged tortilla chips for corn tortillas and oil. Arrange packaged chips in pie plate and continue as directed in recipe.

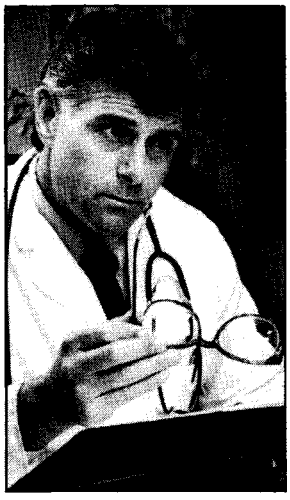
Swiss Doctor's Invention Ends Your Foot Pain!

Imported "FOOT CRADLE" ends tired, aching, burning feet!

Eight out of ten people suffer from serious foot discomfort and 62% don't believe they can do anything about it.

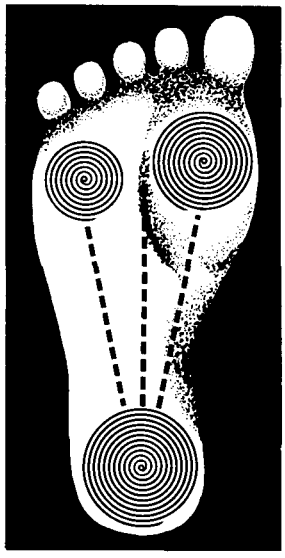
If you've ever felt the sensation of pins and needles or the feeling of walking on rocks; or if you suffer from flat feet, painful corns or bunions, calluses, hammertoes, cramping, coldness, numbness or tingling—ignoring the problem only makes it worse. Now you can end the pain and agony for good and make your feet feel young again.

Doctor's scientific discovery ends foot pain.



A Swiss doctor who specialized in foot therapy knew that painful feet needed to be properly supported and cushioned. No one knew better, as he watched his patients try one remedy after another. Anything his patients tried never provided long-lasting relief from pain.

Finally, he set out to solve the problem himself. After testing dozens of special shoes and insole supports, he invented the amazingly successful "FOOT CRADLE".



The "Foot Cradle" insert.

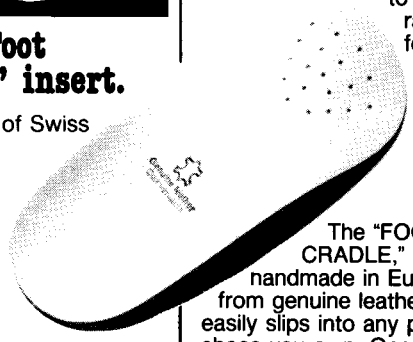
A triumph of Swiss inventive genius! "FOOT CRADLE" weighs less than one ounce, yet its unique, contoured design enables it to help support your full body weight while unshackling your feet from their misery.

Works in any shoes—sandals, high heels, sport shoes, sneakers, work shoes—even boots. You won't even realize you're wearing them. See for yourself: Test "FOOT CRADLE" in your own shoes entirely at our risk.

Works for both women and men.

How it's guaranteed to work for you.

Like all great inventions it was quite simple once the Swiss Doctor figured it out! The secret of his "FOOT CRADLE" is in the unique, contoured design. Just as your body weight shifts naturally with each step, so does the Cradle. It's designed to apply the natural laws of foot motion to pain-racked feet.



The "FOOT CRADLE," handmade in Europe from genuine leather, easily slips into any pair of shoes you own. Once you start walking, you'll feel the difference immediately. Suddenly, you no longer wince with each step. The pain from your corns and calluses will disappear.

30-DAY GUARANTEE

Try "FOOT CRADLES" for 30 days at our risk. If you are not completely free of foot pain, return them for a full refund.

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GETTING THE MOST FROM YOUR GARDEN

With know-how and a bit of luck, you can enjoy the pleasure of gardening well into the autumn months.

by Dr. Ellen Henke

It's easy to grow careless about a garden, especially late in the summer, when the flowers are blooming and the vegetables are abundant and ripe. But this is no time to sit back and take things easy. Your hard-working flowers and vegetables need your support.

Your priority should be watering. Water flowers and vegetables early in the morning when they can use it most, and water deeply to encourage deep roots that won't get burned by the hot summer sun. Water applied during the heat of midday will only evaporate; water applied at night will probably cause fungus problems.

For longer lasting fresh bouquets, pick your flowers in the late afternoon when their food reserve is high.

Keep cutting flowers for bouquets. Keeping your flowers cut prevents the plant from making seeds, and it encourages the plant to bloom more vigorously—your objective, of course, in growing flowering plants in your garden! Cutting also keeps your plants lush and bushy.

The best time to gather flowers is in the last hours of daylight, when the plants have their maximum food content. This food reserve helps prolong the flowers' lives after they are cut. Cut flowers with a sharp knife rather than with scissors, which squeeze the stem as they cut. Plunge the cut flowers immediately into a bucket of water, and cut the stems again underwater (at an angle to increase the water-conducting surface) before you arrange them. Make the initial cuts just above a node on the plant, and cut again just below a node prior to arranging. (Cut roses back to just above a leaf composed of five leaflets. This is the point on the stem that has the most potential to grow another flower.) Remove all leaves and flowers from below the water line in your vase. These few simple steps will keep your summer bouquets fresh and beautiful for a long time.

If you have a problem with insects in the garden (whiteflies and other summertime critters), try applying an insecticidal soap, available in most nurseries.

While you rest in your lawn chair during the summer months, your plants are working hard to produce flowers and vegetables and lush foliage for your continued pleasure. Don't forget to feed them about once a month, or they will dwindle. Liquid fertilizers sprayed onto the plant and absorbed through the foliage give your plants the boost they need to survive the summer in prime condition.

Harvest your vegetables at the peak of their flavor. If you don't keep them harvested, they will simply stop producing, because making the existing vegetables larger (and tougher) will have used up all their energy. So when you go on vacation, let a neighbor enjoy your harvest.

Bell peppers should be harvested when they are firm; if you want a snappier flavor, let them turn red first.

Cucumbers taste best when picked small (about six inches long). A bitter taste could reflect on your watering routine—if it has been uneven, this could be the problem. (Uneven watering will also cause blossom end rot on tomatoes, peppers, and eggplants.)

Tomatoes are best picked when the fruit starts to turn red. They will ripen to perfection indoors on a countertop—not in the sun. Vine-ripened tomatoes lose vitamins and flavor if they mature in the hot sun.

Eggplants should be picked when the skin is glossy and when a pressure point made with your thumb does not spring back.

Melons are ready when the fruit slips away from the skin easily.

Harvest ***broccoli*** before the yellow flowers form, when the heads are compact and firm.

Corn is ready if a kernel squirts a milky liquid when you press it with your fingernail. For optimum flavor, corn should be delivered directly into a pot of boiling water.

Beans and ***berries*** should be covered with a damp cloth while you harvest them, to keep them cool and fresh.

Summer squash is at its peak of

continued on page 108

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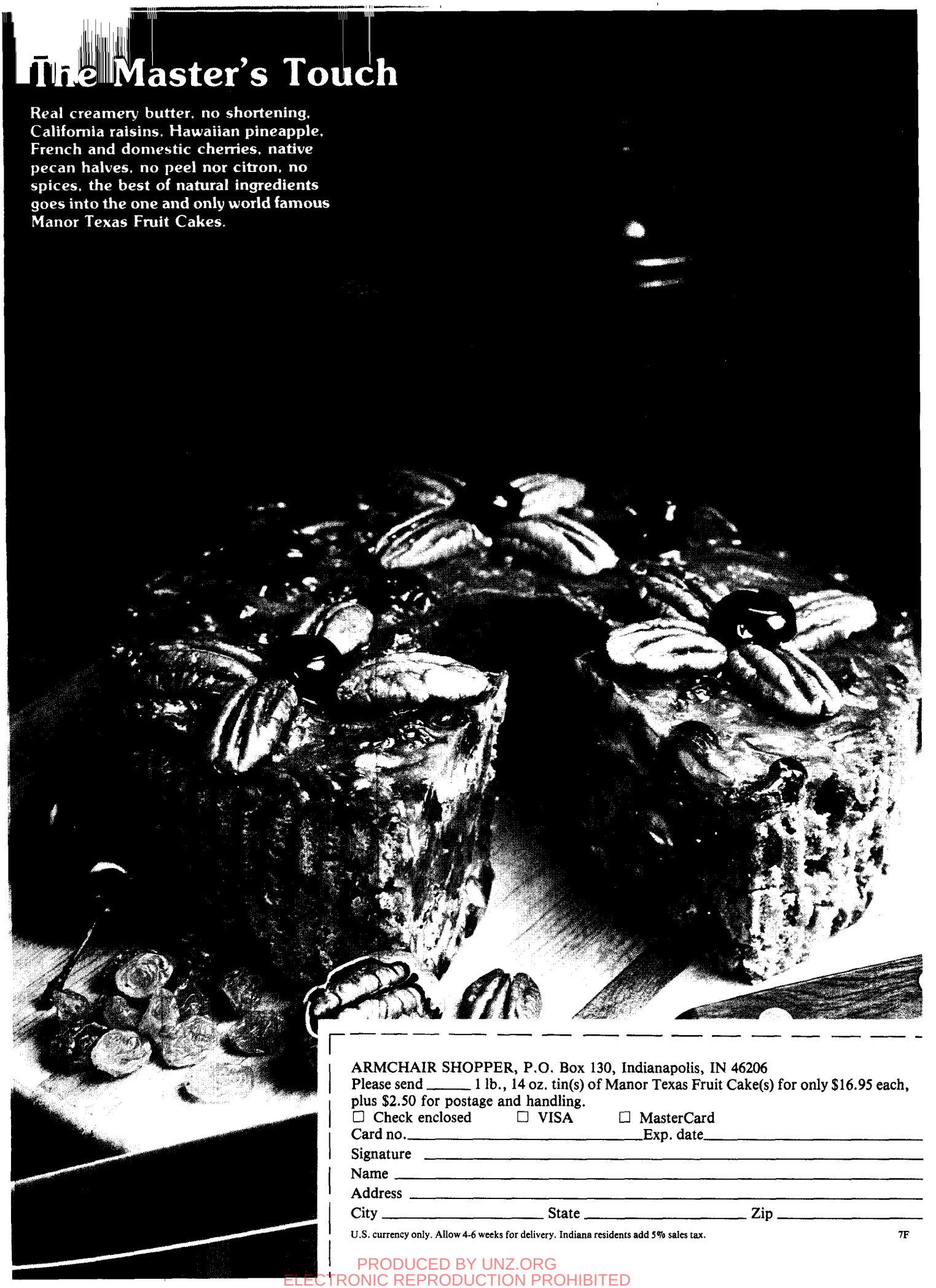
The Master's Touch

Real creamery butter, no shortening, California raisins, Hawaiian pineapple, French and domestic cherries, native pecan halves, no peel nor citron, no spices, the best of natural ingredients goes into the one and only world famous Manor Texas Fruit Cakes.



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MEDICAL MAILBOX
by Cory SerVaas M.D.

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness."—*Edward Stanley, Earl of Derby*

Help for Guatemala

Dear Dr. SerVaas:

More than once in past years I have noticed high-lysine corn and lysine products featured in the pages of *The Saturday Evening Post*. This food interests me because we work with Indian populations among whom corn is a dietary staple: improving the corn will improve their health.

Please send information about high-lysine corn, derivative producers, and the availability of seed for trial planting and experimentation.

I am a native of Michiana and will be in South Bend within 30 days. If your reply is encouraging, I will schedule a visit at your facilities then.

Gary B. Miedema
Guatemala City, Guatemala

Dr. Mertz replies:

Your letter of June 12 was referred to me by Dr. Cory SerVaas. Guatemala is in the forefront of research and development on high-lysine corn (quality protein maize in Latin America).

You can obtain seed and advice from my former student: Dr. Ricardo Bressani, Head, Division of Food and Agricultural Sciences Research Coordinator, Instituto de Nutricion de Centro America y Panama, Apartado Postal 1188, Carretera Roosevelt, Zona 11, Guatemala, C.A.

Edwin T. Mertz, Consultant
INTSORMIL Project
Agronomy Department, Purdue University
West Lafayette, Indiana

"Nurse, please show Mr. Fillmond to a larger room so we can use the big needle."

All Gummed Up

Dear Dr. SerVaas:

Please help! Someone mentioned mixing beeswax with Nicorette gum for those of us with dentures. There has to be more to it as it is impossible to chew the wax as it is. Something has to be added to make it chewable—but what? I cannot find anyone who knows.

I'm enclosing a stamped, self-addressed envelope for your convenience as I'm anxious to get started on the no-smoking program.

Thank you so much for your attention to this matter.

M.J. Russell
Bellaire, Texas

You might try paraffin rather than beeswax. We have experimented with Gulfwax. This product is FDA approved to be used by food manufacturers. Make a mixture of one-half Nicorette and one-half Gulfwax. It has a much better consistency and does not sick to dentures and bridgework.

A Pox on Plantar Warts

Dear Dr. SerVaas:

I've recently started getting the *SatEvePost*. It was a big part of my growing up. Loved it then and love it now with its new emphasis on health.

When my sons were attending high school, they were plagued with plantar warts on their feet. One was vaccinated for smallpox because the doctor said the viruses were similar. He has never had another plantar wart. Now my oldest son is 35 and has had multiple plantar warts for several years. Doctors treat them with lasers and acid, but they cannot keep new ones from coming. I wanted him to get a smallpox vaccination, but they claim they are not available anymore.

In the August '87 *SatEvePost* there are letters about the use of lysine for herpes and shingles. I've been told that the viruses causing the above conditions and plantar warts are similar.

Do you have any information in the use of lysine for plantar warts? We are desperate for some relief for him.

Mavis Hambek
Herrick, South Dakota

continued on following page

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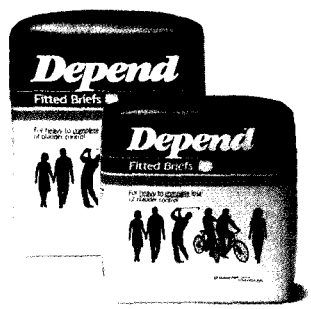
When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the leakage accidents that so often occur. But with new Depend fitted briefs, we don't have to worry about accidents. At last, there's a brief with protection we can live with.

Only Depend fitted briefs have elastic at the waist and legs for a snug, comfortable fit. A better fit means better leakage protection. And that makes life a lot easier for both of us.

If someone you love has a heavy bladder control problem, try new Depend fitted briefs in regular or large size. For less severe problems, try Depend undergarments and shields. Call 1-800-2-DEPEND for a free sample.



New DEPEND® Fitted Briefs.

Because a better fit means better protection.

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Your doctor is certainly right in stating that smallpox vaccine is not available, and even if it were, smallpox vaccine carries a risk far too great to be taken for plantar warts. Because smallpox is practically nonexistent, there is no longer a need for the vaccine to be given.

I am sending a copy of your letter to Dr. Richard Griffith at Indiana University School of Medicine, who knows a great deal about lysine and uses to which it has been put. I'm sure he will give you further information. To our knowledge, it has never been found to be harmful, and we have had numerous letters from people who have used it successfully for herpes virus problems, including fever blisters, shingles, and mononucleosis.

Sickle Cell Anemia

Inexpensive new tests and effective treatments have prompted a national panel of scientists to recommend all newborn babies be screened for sickle cell disease, a debilitating and life-threatening genetic disorder afflicting about 1 in 400 American blacks. Sickle cell anemia is generally rare in Caucasians, but it can occur in people of Hispanic, Middle Eastern, and Mediterranean origin. At a meeting in Bethesda, Maryland, the panel agreed that universal screening is needed because people are often unaware of their entire racial history.

Although testing for rarer diseases has become routine, only a few states, such as New York, require sickle-cell screening. The panel did not call for mandatory testing as they believe parents should have the right to refuse the test, but they do hope sickle-cell screening will become a standard procedure for newborns.

Mastectomy vs. Radiation

Dear Dr. SerVaas:

Since breast cancer will strike 1 out of 10 women in the United States, it is imperative that women avail themselves of routine mammograms. It is the best way to discover an early cancer that can be treated with new breast-conserving methods. Research conducted at the University of Washington Medical School over the last eight years on a thousand well-documented cases indicates that lumpectomy followed by radiation is at least equivalent to mastectomy. Yet mastectomy seems to be the treatment of choice in the United States.

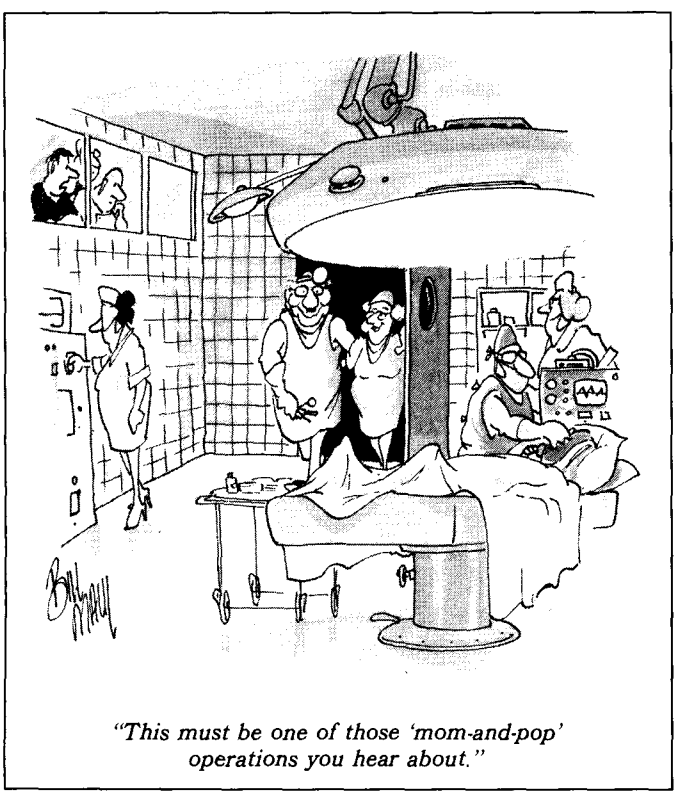
My own experience with breast cancer has made me an advocate for mammograms. A small area of calcification was found in my right breast during a routine mammogram. Although I was sure it was not malignant, I arranged to have it removed as a lumpectomy, rather than a biopsy, the difference being the lump and the tissue around the lump were removed. As soon as the wound healed, I had daily radiation treatments for six months. I had no after-effects from the radiation and receiving it was not unlike having an X-ray. My chance of being free of cancer is listed at 95 percent.

I think your magazine could provide a great service to its readers by pointing out that breast cancer does not automatically mean the amputation of a breast. Women need to know that they can make a choice about the type of treatment they receive. Surgeons usually recommend mastectomy, but women need to know they can get equally disease-free treatment through breast-conserving methods.

A woman's breast is not a "superficial, easily disposable appendage" as it has been referred to medically, but an integral part of her body. The choice I made was right for me, and I must live the rest of my life with that choice.

As for me, *I plan to die with my breasts on*!

Eloise M. Stendal
Sedro Woolley, Washington



"This must be one of those 'mom-and-pop' operations you hear about."

Pressure Situation

Dear Dr. SerVaas:

I have a medical problem: my doctor says I have hiatal hernia on the tube that leads into my stomach, and also bad acid stomach. I have been "doctoring" for two years for this and don't seem to get much relief when the hernia acts up. It shot my blood pressure sky high. Is there any cure for this? Does an operation help any?

If you have any information on this ailment, please send it. Also, discuss this in your "Medical Mailbox" soon. My age is 67; I have fairly good health otherwise. Your "Medical Mailbox" is a wonderful help to your readers.

Constance Dean
Bethel, Ohio

To answer your specific questions, we urge you to have an in-depth discussion with your personal physician, a cardiologist, or a gastroenterologist regarding this condition. Anyone whose blood pressure "shoots sky high" needs to be under close medical supervision.

Do you maintain a low-sodium diet? Do you exercise sufficiently? Do you keep your weight down? Bless you for telling us "yes" to these questions.

Sore Point

Dear Dr. SerVaas:

I am a 37-year-old single male in very good health. I have had occasional cold sores inside my mouth since childhood. One or two sores occur in my mouth perhaps three times a year. It has been hard to determine the set of

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circumstances that triggers the outbreak, but I have been paying more attention since seeing your program. I started taking 500 mg of L-lysine in December and have continued, with the exceptions I will discuss.

During the period of December 11-14, I took a hiking trip to Death Valley. I did not take any lysine while on the trip, and I ate a trail mix consisting mostly of nuts and chocolate chips several times a day for energy. I also ate several pieces of milk chocolate during the trip. When I returned home, I soon developed a cold sore or two in my mouth. I resumed the L-lysine each day with no more problems until later in the spring when I spent three days at George Air Force Base, California. Again, I took no lysine, and again, following the trip, I encountered cold sores. There has been a time or two in the last eight months when I have failed to take my 500 mg L-lysine tablet for a few days and have *not* developed any cold sores, but I don't remember having any sores while taking the lysine daily.

One other factor I have tried to incorporate into my life is to modify my diet to avoid nuts, peanut butter, and some other items high in arginine. I eat tuna fish often and normally have a sprouted-grain-type cereal for breakfast (oats, amaranth, or sprouted wheat and barley). In my opinion, your guidance concerning lysine in the diet while controlling arginine is effective in eliminating the nuisance of cold sores in my case.

As I am often unable to see your TV segment on Friday's "700 Club," I would like you to send me further information on lysine and other information on health issues, if that's possible.

Robert D. Watson
Clovis, California

Concerned About Coffee

Dear Dr. SerVaas:

I am very much concerned about the amount of coffee consumed by members of my family and others, and I am wondering if you have done any research on coffee and its effect on the human body. I am under the impression that it does cause some problems with memory, especially as one grows older. Is there any truth to this statement? Any information on the subject you could give would be greatly appreciated.

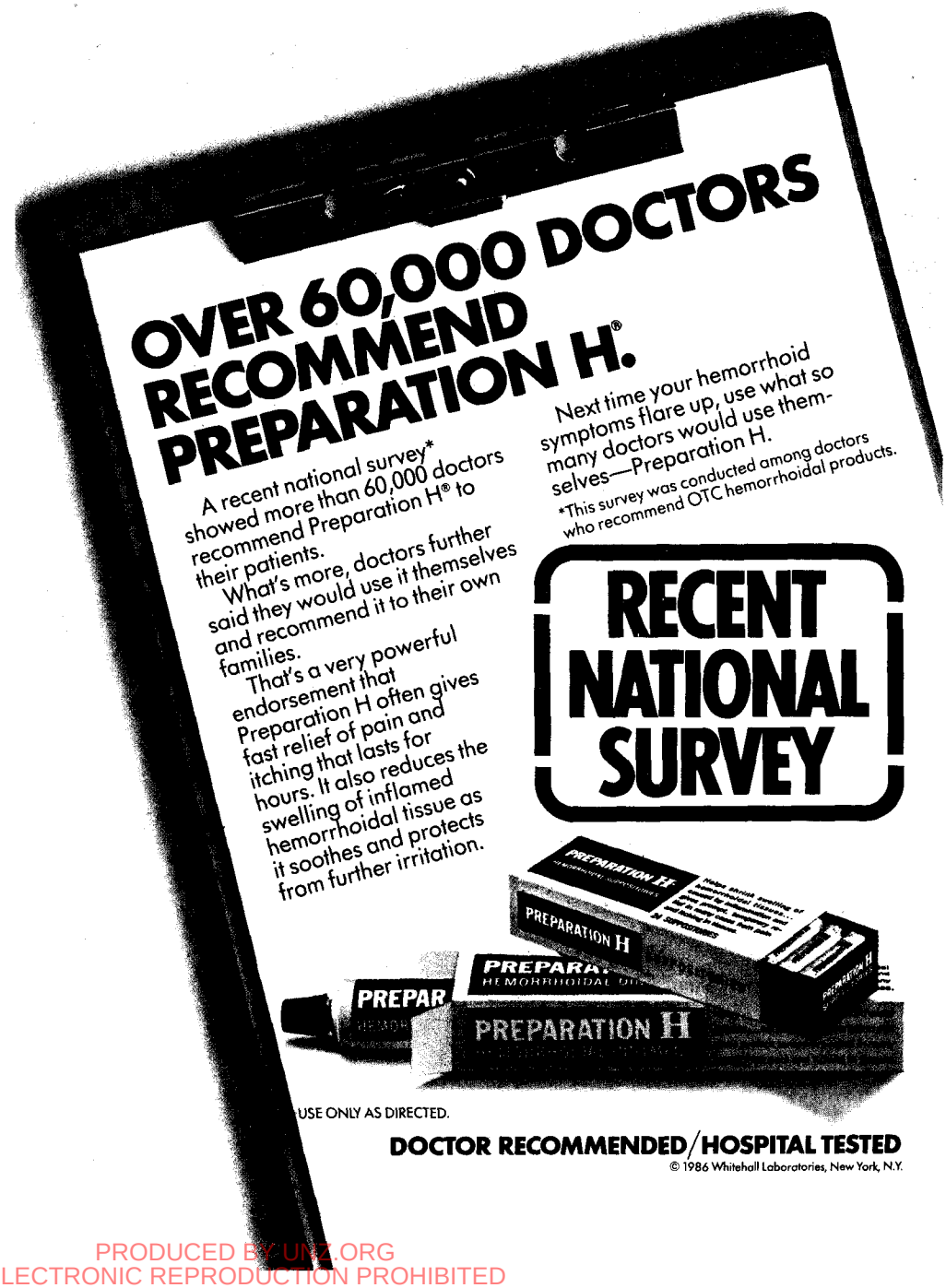
We subscribe to *Medical Update* and appreciate this excellent publication, as well as *The Saturday Evening Post*.

Agnes P. Shrecengost
Louisville, Kentucky

Some research indicates that people who regularly consume 500 to 800 mg of caffeine (roughly equivalent to five cups of coffee) each day may double their risk of suffering a heart attack. Those with a history of heart disease should avoid caffeine from any of its sources due to the chemical's ability to induce cardiac arrythmias.

People who habitually consume too much caffeine may show symptoms of nervousness, increased heart and breathing rates, diuresis (increased excretion of urine), and prolonged secretion of stomach acids with the possibility of accompanying problems such as ulcers. There is also evidence that in some persons even moderate doses of caffeine may be the cause of restlessness and sleep disturbances, in addition to irritability.

Caffeine consumers may also have a "pseudo anxiety" reaction of nervousness, agitation, and increased heart rates. Generally, a stoppage of all caffeine intake is tried before prescribing tranquilizers for a person who drinks lots of coffee.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Elizabeth Taylor

continued from page 106

that this crisis affects us all—our families, our friends, and ourselves. Reaching these Americans is the challenge—helping them to understand and to feel more comfortable about becoming involved with a controversial issue.

Post: How has the public's response to AIDS changed since the disease has spread quickly among the heterosexual community? More interest? More tolerance?

Taylor: The spread of this disease into the heterosexual community has simply affirmed what has been true from the beginning—AIDS is a disease of high-risk behavior, not of high-risk groups. However, the spread of this disease has both literally and figuratively brought AIDS home to the majority of people. People's initial reaction is understandably fear—but that fear can and must be replaced by knowledge and a commitment to take personal responsibility for our own behavior and to provide support and compassion for the victims of this disease.

Post: How would you like to see funds used—research? Education? Testing?

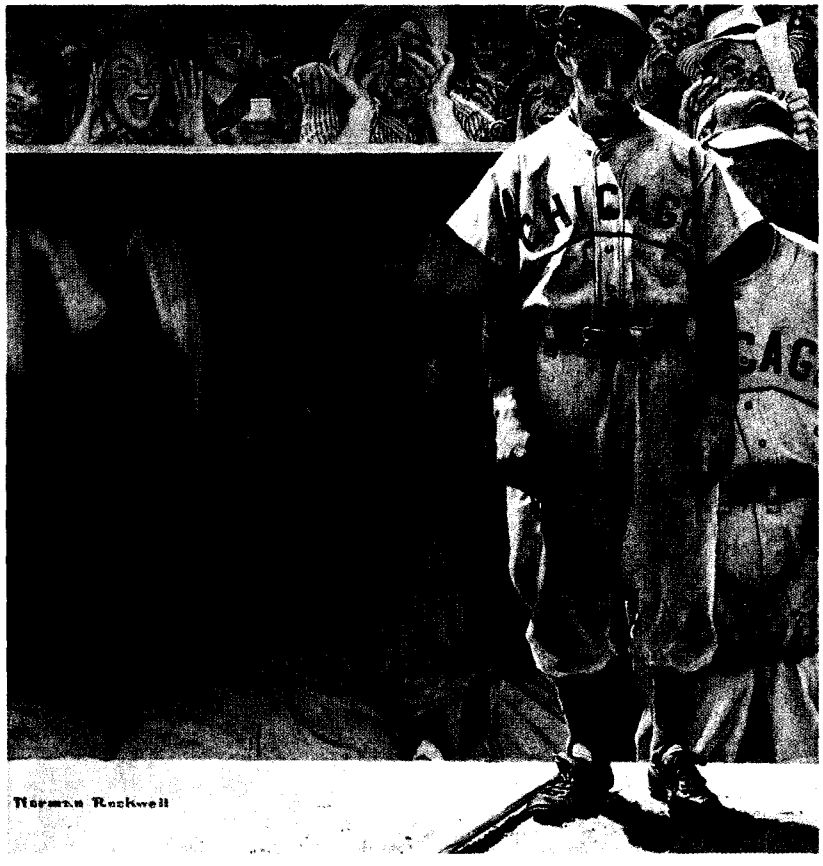
Taylor: Research and education are the pillars of our attack against AIDS; testing is only a very minor tool. At the local level, patient care and support are crucial issues, ones which depend on community support and involvement.

Post: Share with us any anecdotes about people who have joined in your fight; victims who have expressed gratitude; progress that has been realized.

Taylor: My friends from the artistic community who have had the courage to get involved have expressed great personal satisfaction once they made a commitment. The song "That's What Friends Are For" is *one* example of people coming together and making something happen. Carole and Burt Bacharach, together with Dionne Warwick, Stevie Wonder, Elton John, and Gladys Knight, express what love and life is about and how we should all work together.

Obviously, the victims of this dreadful disease are very appreciative of anything that is being done; unfortunately we are only beginning to take care of their needs. As for progress, a lot of research effort has been expended, but it is too soon for results. Our current educational efforts are clearly inadequate; we must discuss controversial issues in clear and unambiguous terms if we are going to change behavior of our young people—and they are the ones who are now at the greatest risk.

We must care, we must reach out, we must join together in this battle against an indiscriminate killer.



Can you name this picture?

. . .***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by May 30, 1987.

Our congratulations and a check for $100 go to Dr. Richard H. Hagerman, Wendell, Idaho, for the winning entry in our September 1986 caption contest.

An outsider competing with locals
Carried tackle impressive to yokels.
But tying on flies
With fish on the rise
Made him wish he had added bifocals!

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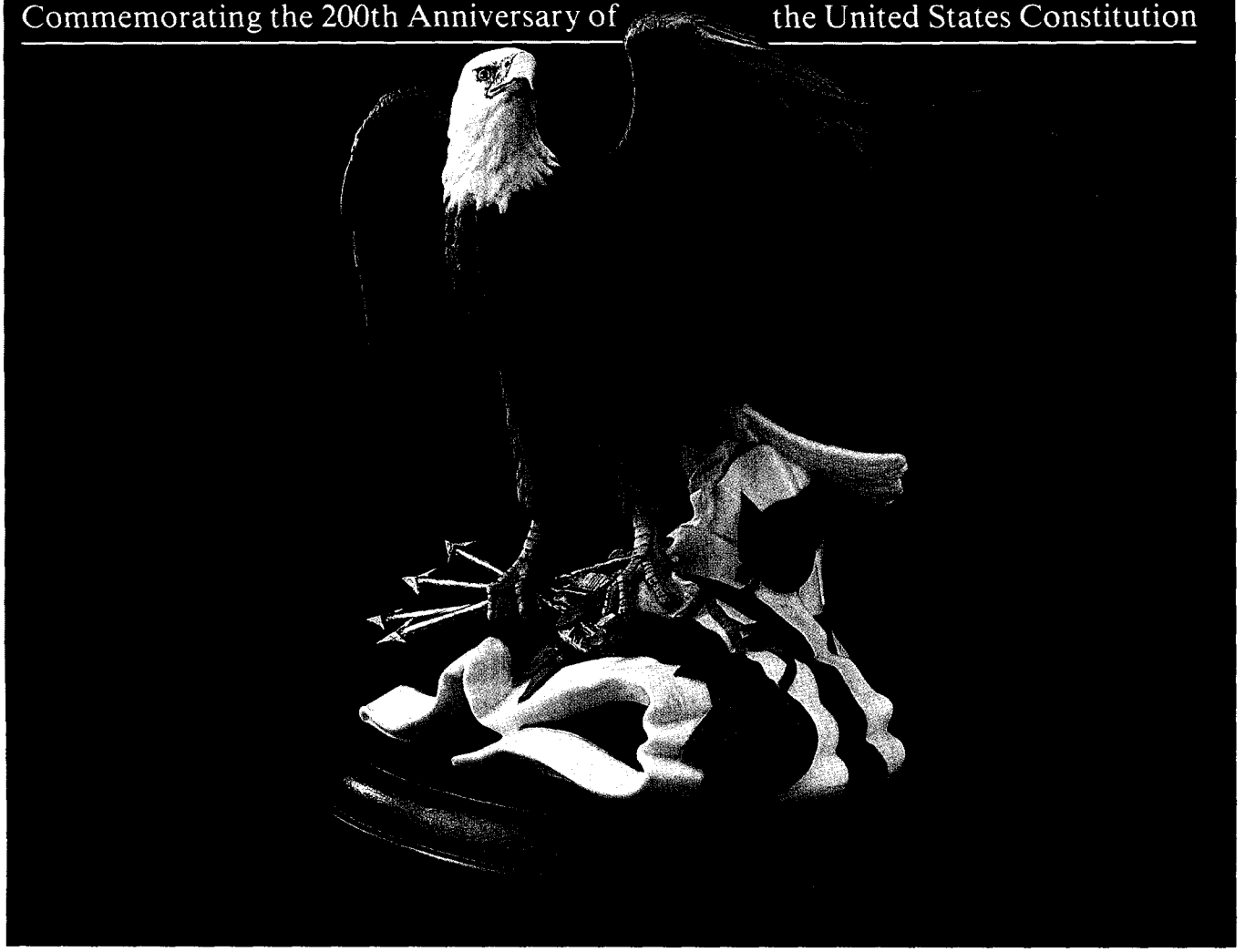
Commemorating the 200th Anniversary of the United States Constitution



Shown smaller than actual size of 7¾ inches in height.

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Receive this healthful bag full of 15 beans & lysine soup, flavoring, and recipes.

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Soup Up with Beans and Lysine

And this is good old Boston,
The home of the bean and the cod,
Where the Lowells talk to the Cabots,
And the Cabots talk only to God.

—John Collins Bossidy

Be that as it may, a second home for the bean is right here at the Saturday Evening Post Society. In fact, as Robert Smith Surtees wrote in his *Handley Cross*, your Society is "full o' beans and benevolence."

The beans—all 15 varieties—are stashed in 13¼-ounce bags. That's right, 15 varieties, everything from northern, pinto, and lima to navy, kidney, and lentil. For flavor, we have added a pouch of special seasoning. For good health, you'll find another pouch containing L-lysine to make up for the beans' shortfall in becoming a complete protein. For new and exciting dishes, the bag of beans is printed with recipes that will make your mouth water.

For the best news of all, the beans, the flavoring, the L-lysine, and the recipes can be in your kitchen soon. You need only send a contribution in any amount to help the Society in its research into the ills plaguing our people today.

You may already know of the Society's efforts to get at the roots of the most persistent life-threatening, if not just plain old painful, diseases. We're talking here of cancer, heart attacks, and emphysema; of gallstones, herpes, and premenstrual syndrome; of glaucoma, melanoma, arthritis, and hepatitis; of kidney stones, psoriasis, ectopic pregnancy, and galactosemia.

The Society's work in preventing disease is equally extensive. Our unique Mammobile discovers breast tumors no larger than a pinhead. Our efforts to "Snuff Out Snuff" are helping young people keep a tongue as well as a jaw in their heads. We encourage smokers to be quitters, and we furnish phony cigarettes for their itchy fingers. We suggest foods to choose and foods to forget in assuring a healthful low-fat, high-fiber, high-complex carbohydrate diet for high-risk obese people.

Today, the Society has taken on the added assignment of *free, anonymous* AIDS tests for those people who have undergone a blood transfusion in the past nine years. Although this dread disease cannot be cured (as of now), it *can* be prevented. That's where your contribution and the Society come in.

The Saturday Evening Post Society
P.O. Box 567 • Indianapolis, Indiana 46206

Yes, I want to enjoy healthful 15-bean and lysine soup. I'm enclosing a donation to the medical research for:

☐ Cancer prevention ☐ Heart disease ☐ AIDS and its prevention

My donation $5_____ $10_____ $15_____ other_____

☐ My check or money order is enclosed. Charge to: ☐ VISA ☐ MasterCard

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Elizabeth Taylor

continued from page 53

munity at the very prime of their lives. Second, I had a strong sense of compassion for these people for whom literally nothing could be done. And finally, I was outraged that nothing was happening, that no one was doing anything, that no one seemed to care—and then I realized that if I didn't become involved, I had no one to blame but myself.

Post: Why have you made this a priority?

Taylor: Someone had to be willing to stick out their neck! Although I realized that there would be risk and criticisms if I became involved in a controversial issue, I felt it was time for me to pay my dues—to begin giving back to society something in return for all that society has given me.

Post: How do you feel about making a voluntary, anonymous, free AIDS test available to: a) all recipients of blood transfusions and their spouses and b) couples contemplating having a baby?

Taylor: I am totally supportive of voluntary, anonymous testing, provided it includes appropriate counseling. Any individuals concerned about their status should have access to such testing, and it should be done in such a way that there is no risk of discrimination regardless of the results. Our goal in testing must be to better inform individuals regarding the status of their health rather than to punish or brand the unfortunate [people who have this disease].

Post: If you could bring one message to the American people about AIDS, what would it be?

Taylor: We all are in this together! As President Reagan has said, "AIDS affects all of us"—as he said, "AIDS calls for urgency, not panic—compassion, not blame—understanding, not ignorance."

Post: How have you gone about your fund-raising efforts?

Taylor: By talking about the importance of this issue, by reaching out to encourage the involvement of friends, by challenging our leaders and others to be involved, by setting up the American Foundation for AIDS Research, and by personal appeals and appearances on behalf of this issue.

Post: What kind of response have you gotten?

Taylor: An overwhelmingly positive response from those whom we have reached! But the vast majority of Americans have not yet been reached, and they are still not aware

continued on page 102

"I called your office and told them you were sick, and they said they don't even know who you are."

AIDS Test

continued from page 61

Persons with only the slightest likelihood of having contracted the virus are urged to undergo the simple AIDS test. What do they have to lose other than a small sample of blood?

"I'd want to know if I were infected with the virus," says Dr. Robert C. Gallo, chief of the laboratory of tumor-cell biology at the National Cancer Institute. "I'd want a chance of not passing it to my wife; I'd want to be near a good doctor; and I'd want an experimental anti-AIDS drug."

Because I agree with Dr. Gallo's logic, I underwent the simple AIDS detection test not because I question my husband's fidelity—I would wager my life on my husband's monogamy. But I handled the thin patients in Ethiopia without gloves. If I am antibody positive, would I want to give it to the person I love most? Never! Like Dr. Gallo, I would not want to chance passing it to my spouse. In addition, I would want him living and well so he could take care of me should I develop AIDS.

The importance of voluntary testing of symptom-free heterosexuals is made obvious by several recent programs that have yielded surprising data. In the only study of marriage-license applicants so far (undertaken in Oakland, California), 8 of every 1,000 subjects were found to be carrying the AIDS virus, according to Dr. Robert Redfield of the Walter Reed Army Medical Center. Military findings are even more startling. The armed forces, which have tested some 2.5 million military personnel and recruits, have discovered AIDS-causing viruses in roughly 1.5 of every 1,000 tested. Dr. Redfield says a surprising 40 percent of those who tested positive were married.

Just as a positive test carries with it certain guidelines and responsibilities, so does a negative test.

"The surest way to provide a healthy blood supply is for healthy donors to come forward and donate—those people who know they are not at risk," urges Terry Gautier of the American Red Cross.

With AIDS research ongoing, new information—accurate and otherwise—is being released daily. The date may change, but the prescription for good health does not: to our members we say, have a safe and simple AIDS test if there is any possible way in which you may have become infected. If the results happen to be positive, become familiar with the dos and don'ts of coping with the virus. If the results are negative—which they most likely will be—plan to do your part in fighting AIDS by becoming a regular blood donor.

The bottom line: it's patriotic to volunteer for an AIDS test. It's patriotic to donate blood for a cleaner blood supply for all.

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Rhine Diary

continued from page 90

captain explained they were built by two feuding brothers who had left the family castle and who eventually slew each other in Bornhofen church.

• And there was Rheinfels, "the mightiest castle on the Rhine," and then "Wedding Cake" castle, situated on an island so tiny that couples wedding here would have room for little more than a best man and a maid of honor—it has the dubious distinction of being the smallest castle on the Rhine.

The huge abutments on opposite sides of the river were not worth the bother of uncasing our camera—until the captain announced that they once supported the railway bridge of Remagen. The Germans, we were told, had unsuccessfully tried to blow up the bridge before the Allied soldiers, under the command of Gen. George Scott (excuse me, Patton), could cross. It would be the Allies' first invasion of the Nazi stronghold.

We tied up that evening at Andernach, founded by the Romans, who walled the city.

In the fading twilight we walked along a section of the old Roman wall; then, just before reaching the river street, we came upon a length of water pipe made, according to a sign we were barely able to make out, the century after Christ.

Day three: The next day we safely passed the Lorelei rock, where the legendary beauty was said to sit 400 feet above the river, combing her hair and luring ships and sailors to their doom with her singing. The rock beneath the surface that once impaled the ships has been dynamited to protect river traffic entering this narrow channel of swift currents.

Rüdesheim was our turning-around point. Rüdesheim being a tourist town, and it being Sunday, the sidewalks were jammed to the curbs, much as on the horrendous day when American bombers dumped their bombs and leveled the town—by mistake, it was thought, the bridge across to Bingen having already been destroyed and there being no other military targets in the area. Mistake or not, most of the old town was wiped out, along with many of the inhabitants.

Today, in restored Rüdesheim, the no. 1 attraction is *Germania,* a national monument built to commemorate the new German Empire formed at the end of the Franco-German war in 1871.

Day four: One of the favorite off-river tours is that to Heidelberg, home of Germany's oldest university, immortalized by Sigmund Romberg in his sparkling operetta *The Student Prince.* Here is the hilltop castle of which Henry Wadsworth Longfellow wrote, "Next to the Alhambra in Spain, the castle of Heidelberg is the most romantic ruin of the Middle Ages." Part of the powder tower of this 14th-century structure, blown up by the French under Louis XIV in 1693, still lies in the moat where it fell. And it's the wine cellar of this castle that contains the Heidelberg Tun, an enormous cask capable of holding 50,000 gallons. As for the city, none other than Mark Twain, standing on the castle's ramparts and looking down upon it, declared it to be "the last possibility of the beautiful."

Day five: Düsseldorf we saw, eventually, in the rain. First we had to make someone understand that we wanted to find a cab stand. Then we had to make the driver understand we wanted to go to the "Kö," the famous block-long shopping center. After we saw the price tags, we were ready to return to the ship. On our walk back, when the rain was over, we stopped at Woolworth's, so one of us could add a Düsseldorf T-shirt to her collection, and again at McDonald's, where the fellow in line ahead of us ordered a Big Mac and a beer.

Day six: That was about it. Our departure from Dusseldorf occurring at 2 a.m., we didn't see it. At 8:30, after our breakfast of cold cuts, cheese, hard rolls, and jam, the *Rijnhaven* docked at Lobith. There, coaches were waiting to take us back to Ostend, where a ferry carried us across the Channel to Dover, from which a train returned us to Victoria Station, London.

Our tour company's representative in London replied to my complaint that the Park Plaza beds were only three size-7½ shoe lengths wide: "You Americans are too used to comfort." She should visit us here in Freedom.

—Maynard Good Stoddard

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Taste Tempters

continued from page 20

Cut eggplant into eight ½" rounds. Dust lightly with flour, shake off excess, and set aside. Combine egg and milk in medium bowl and blend until smooth. Mix bread crumbs, Parmesan cheese, onion salt, and pepper in another bowl. Dip floured eggplant into egg mixture, and then coat completely with bread crumbs. Place in single layer on baking sheet.

Refrigerate coated eggplant rounds at least 2 hours or overnight. Coat heavy skillet with nonstick vegetable cooking spray. Heat skillet; arrange eggplant in single layer. Cook until golden brown, turn over, and allow to brown. Repeat with remaining eggplant slices.

Combine all ingredients for sauce except cheese in medium saucepan. Cook 30-40 minutes or until flavors are blended; remove bay leaf. Arrange eggplant in 8" x 12" baking dish. Spoon sauce over eggplant. Bake in preheated 350° F. oven 30 minutes. Place slice of cheese over each eggplant round. Continue baking 10-12 minutes or until cheese is melted.

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Microwave directions: Microwave sauce ingredients at High (100%) in covered 1½-quart casserole 15-20 minutes or until flavors are blended. Prepare as directed; top with cheese. Microwave at High 8-9 minutes or until heated through.

Your Garden

continued from page 96

flavor when the skin is easily marked by your thumbnail. ***Spaghetti squash*** and ***winter squash*** are ready when the stems turn grayish and start to shrivel. (Be sure to bring them in before the frost.) Winter squash and ***pumpkins*** should be picked with two or three inches of stem; they will keep better in storage. Use the ones with soft stems as soon as possible, and store the ones you can't puncture with your thumbnail.

If you have ***nasturtiums*** in your summer garden, try adding them to your salads and appetizer trays for color and flavor. They are edible, with a wonderfully pungent flavor.

Be careful not to bruise vegetables when harvesting them because decay will start. The objective is to enjoy your vegetables at their peak.

If tomato, bean, or eggplant blossoms drop, the temperature may simply be too warm. When it cools down, production will start again. (The optimum temperature for tomato production is between 55 and 85° F.)

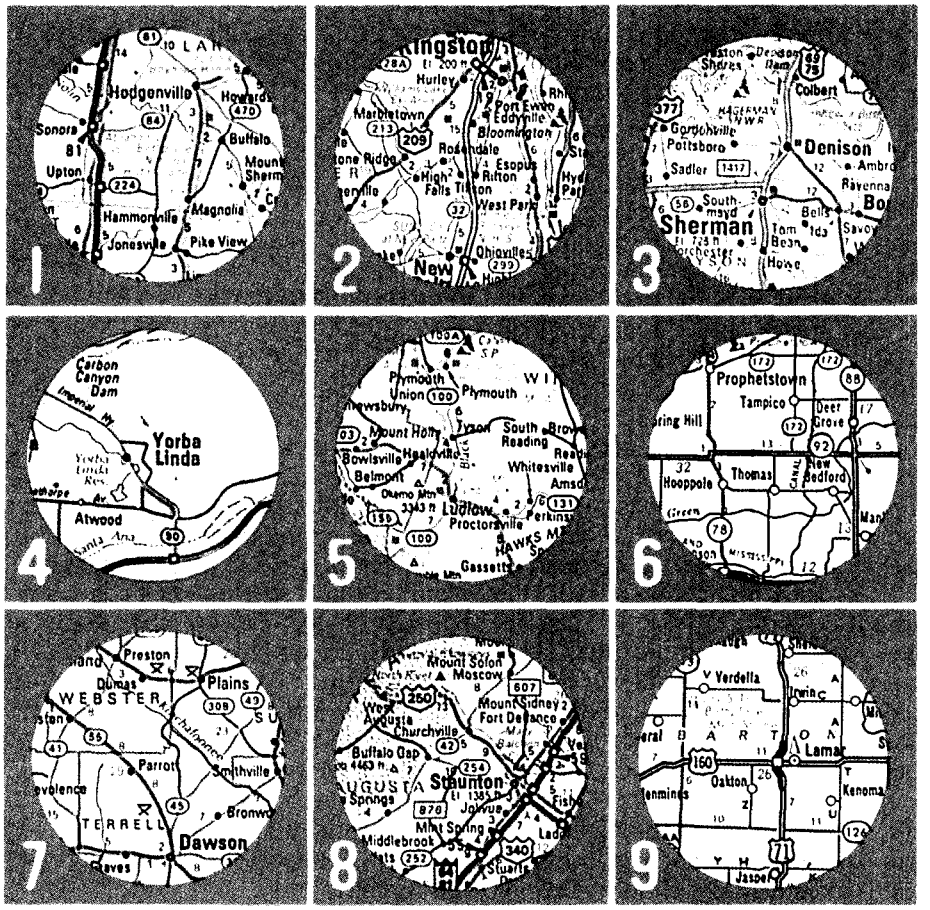
No smoking if you are growing tomatoes! Wash your hands before you work in your garden if you are a smoker. Tobacco mosaic virus can be transmitted by your hands, and it can cause withered leaves and stunted growth.

Keep tall plants staked so they don't sag and spoil your harvest or display. Late-summer storms can play havoc with unstaked plants.

Put up a scarecrow. It's good old-fashioned garden fun!

Store away a supply of gold for next year's garden: put your grass clippings and other vegetation into the compost heap.

Be a garden sleuth: walk the garden daily to see what's doing and to stay ahead of problems and harvest.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: To solve the puzzle, follow the leader home.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 112)

Dentistry Forecast

continued from page 31

cause of tooth decay is *Streptococcus mutans*, the agent that causes carbohydrates to ferment and change into acids in your mouth. An effective vaccine would stimulate the body's immune system to ward off this bacteria.

Preliminary tests on animals injected with prototype vaccines, and on human volunteers who ingested the vaccines, suggest to researchers at the National Institute of Dental Research in Bethesda, Maryland, that a significant antibody response can be created in humans. Such an antibody might greatly reduce our susceptibility to dental decay. Substantial research, coupled with long-range clinical trials in humans, will be required before widespread use of a caries vaccine is possible, however. Don't count on a vaccine to solve your decay problems but by the year 2010, it may be in common use. When such a vaccine does arrive, dental caries may be eliminated, just as the Salk vaccine has nearly eradicated polio.

Prevention has long been a watch word in dentistry. More than any other health profession, dentistry has devoted itself to prevention. Fluoridated water supplies, dentifrices, and mouth rinses—probably the most outstanding public-health successes of the 20th century—have had such an impact on dental decay that the dental profession itself is undergoing a transformation. Dentists are shifting their attention from tooth decay to previously neglected areas of dental health, including such topics as head and neck pain and diet and nutrition, among others.

Elsewhere on the dental scene

continued on following page

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AIDS IS SPREADING...

TOWARD YOUR CHURCH AND NEIGHBORHOOD

Do you know the answers to these questions?

- **Can a good, moral person get AIDS?**
- **How can I protect myself from getting AIDS?**
- **Will condoms keep people safe from AIDS?**
- **What are the symptoms of AIDS?**
- **Is AIDS 100% fatal?**
- **How rapidly is AIDS spreading among heterosexuals?**
- **Do some ministers and other Christian leaders have AIDS?**
- **Can a person get AIDS from French kissing?**
- **Is a drug being developed to stop AIDS?**
- **Can I have a blood transfusion without fear of getting AIDS?**
- **Can AIDS be transmitted by male-female sex?**
- **Can we believe what the government is telling us about AIDS?**
- **What could the government do to stop AIDS?**

FOR LACK OF KNOWLEDGE MANY *WILL* PERISH!

Get answers to your questions

The knowledge in this important book could save your life as the AIDS plague spreads. It cuts through the mass of misinformation and smoke screens to give clear, unbiased information on a subject vital to all of us today.

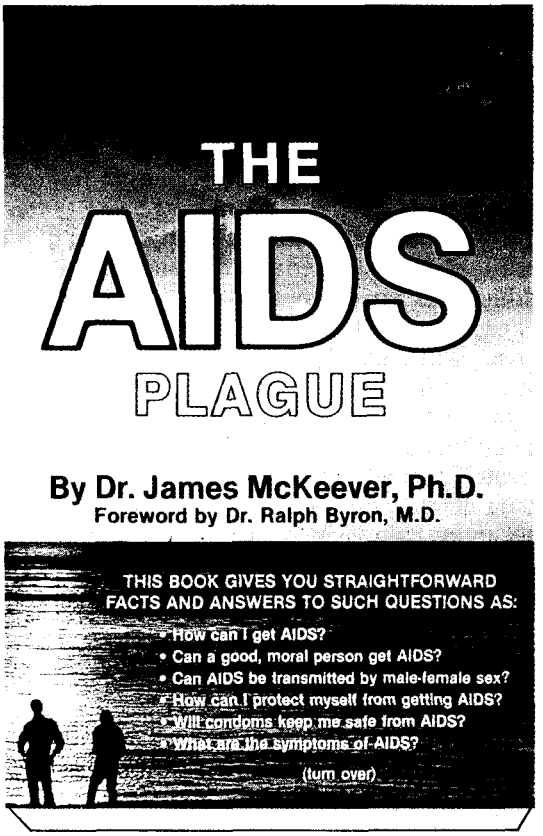
With several million people now infected with AIDS, most likely there is someone with the first stage of AIDS living in your neighborhood. There are people in all walks of life who have AIDS or have already died from it — from a congressman and a professional football player to a Baptist minister; no one is exempt.

Up-to-date information

This is the second edition of this award-winning book, ***THE AIDS PLAGUE***. It contains two additional chapters and has been totally updated to reflect the very latest knowledge on the subject. One new chapter tells you the truth about the safety of our nation's blood supply and if it is now safe to take a blood tranfusion from it. Another examines the issue of transmission via saliva.

How to protect yourself

THE AIDS PLAGUE presents the truth about how you can catch AIDS, giving ways to protect yourself and your loved ones. It tells you fourteen specific things you should be doing now to help insure that neither you nor your family gets this fatal disease.


THE
AIDS
PLAGUE
By Dr. James McKeever, Ph.D.
Foreword by Dr. Ralph Byron, M.D.
THIS BOOK GIVES YOU STRAIGHTFORWARD FACTS AND ANSWERS TO SUCH QUESTIONS AS:
• How can I get AIDS?
• Can a good, moral person get AIDS?
• Can AIDS be transmitted by male-female sex?
• How can I protect myself from getting AIDS?
• Will condoms keep me safe from AIDS?
• What are the symptoms of AIDS?
(turn over)

One Christian missionary organization felt that the knowledge in this book was so essential that they translated it into Portugese to help vast numbers of additional people with its vital message.

Money-back guarantee

You get all of this life-saving knowledge for only $6.95 (or two for $12). If you are not satisfied with this book and return it to us in saleable condition within thirty days, we will refund your money, less postage.

It is vital to the safety of you and your family that you be informed about AIDS. Why not order now while it is on your mind?

Purchase at your local bookstore or mail in coupon.

YES, please rush this vital book to me. I am enclosing $_____ for _____ copies ($6.95 each or 2 for $12). Order now and we pay pay postage.

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fluoridation has so reduced the problems of dental caries in children and young people that attention is shifting to the dental problems of older adults. Says Dr. Lawrence Meskin, dean of the University of Colorado School of Dentistry and a man regarded as a "visionary" by many dental educators: "Every available indicator tells us that the future of dentistry lies with the older adult. Demographers point out that during the next 30 years the 'over 50' age group will be increasing constantly. Because of fluoride, better diets, and healthier life styles, people are keeping their teeth longer. And while our lives are longer and happier, the fact remains that as we age, our bodies ultimately begin to deteriorate. Health care, including dental care, becomes much more complicated because breakdowns in one body system often have effects in other systems. Medications used to treat certain diseases of the aged often affect salivary flow, which, in turn, affects the body's ability to fight tooth decay, for example. Tomorrow's dentists will need to understand the physiology of aging and will need a much stronger background in medicine if they are to effectively manage oral health in their patients. The dentist of the future is going to face problems quite unlike those most of us in practice today were trained to solve."

Thanks to today's dental researchers, tomorrow's dentists will have the technological tools necessary to deal with those problems, thereby ensuring the finest dental care for you and your children well into the future.

"We've only got two postcards left. Who else do we want to make insanely jealous?"

TV Advertising

continued from page 51

for a herd of bulls to stampede along a beach while a voice-over announcer recited a tone poem to the effect that Merrill Lynch was bullish on America.

"But a bull will not necessarily run where you want it to run and will not run at all unless you persuade it that there is good and verifiable reason for total panic. So a team of 11 rodeo cowboys were hired to ride horseback behind the bulls, shouting, howling, cracking whips, and firing shotguns in the air, while seven camera crews, including one in a hovering helicopter, filmed whatever might occur.

"You'd think that blood-curdling yells, whip cracks, and gun shots would be enough to panic *any* creature, but after four or five takes, the bulls got the idea that this was just some advertising routine, and they figured the hell with it. When the commotion began on the sixth take, some of the bulls meandered down to the water's edge to take an experimental chaw of seaweed, one of them charged the director with intent to maim or kill, two of them began putting on an X-rated performance, and the rest just stood around enjoying the sight of all those advertising people nervously tearing their hair out.

"By the seventh take, two bulls decided to go AWOL and take a swim in the Pacific Ocean. We had been assured by the chief wrangler that it is against the nature of a bull to step in water deeper than its own hoof, but these bulls evidently weren't playing by the rules of nature.

"Within seconds, the bulls were in the Pacific literally up to their necks, waves were breaking over their heads, and, now in a real panic, they were struggling out to sea instead of turning back and heading for shore.

"Our wranglers were not optimistic. 'You can forget them two suckers,' one mourned. 'You cain't herd 'em back to shore because the horses won't go into surf that deep, and you cain't call 'em back because they're too ignorant to listen. You're looking at about a ton of perfectly good beef about to turn itself into shark food.'

"We remembered how the press had reported the filming in Mexico as a scandal. The last thing we needed now were stories that Ogilvy & Mather and Merrill Lynch had wantonly drowned innocent bulls.

"Suddenly the director got an idea. He picked up the walkie-talkie and instructed the helicopter pilot to fly over the ocean above the bulls and then charge at them head-on.

"It worked. The roaring helicopter swooped out of the sky at the bulls. The terrified bulls bellowed, turned away from the menacing machine, and swam to dry land.

"This not only saved the bulls, it gave us a technique that saved the entire production. We immediately rented a second helicopter and used it to start a panic-motivated stampede every time the director called for action. It never failed to work, and we got over 40 marvelous takes before we called it a wrap."

The bull who performed the "bull in a china shop" commercial for Merrill Lynch was specially trained by going through a routine in a maze made of crates and hay bales to simulate what he eventually would face on the set of the commercial. On the day of filming, "Merrill" navigated the china shop so deftly that he didn't break a single piece. It was the set designer who nervously dropped and broke a candelabrum worth $3,500.

My old friend Brendan Kelley created one of the most ambitious animal commercials ever filmed, featuring a herd of elephants. The client was Elephant Premium Floppy Discs, which uses the slogan "Elephants Never Forget." To introduce a new line aimed at the business

continued on following page

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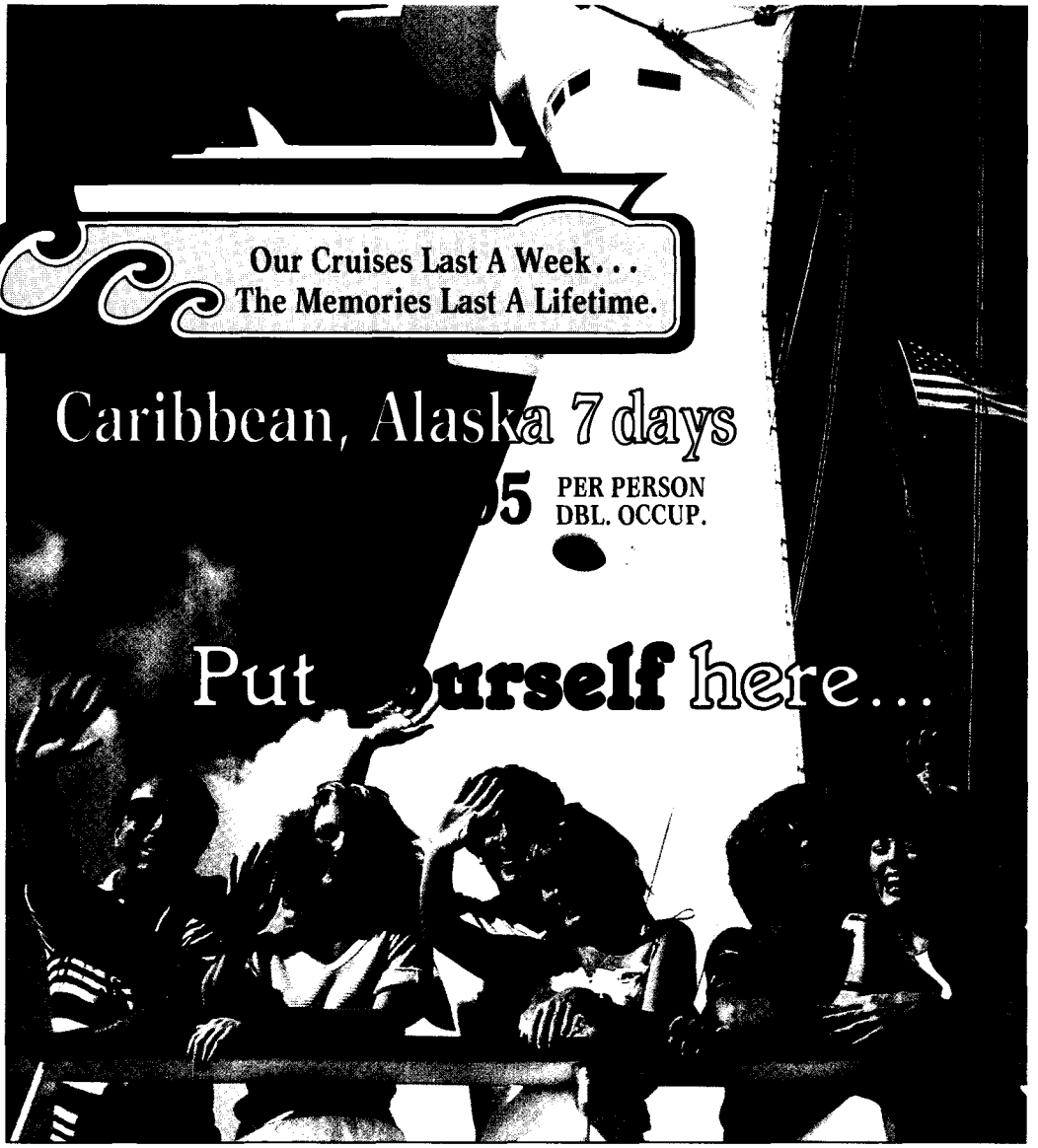

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market, Kelley and his creative team devised a storyboard with elephants charging Wall Street.

The logo for Elephant Floppy Discs portrays an African elephant, with tusks and big floppy ears. Elephant trainers advised that African elephants are wild and hard to work with and suggested the more placid Asian elephant. Unfortunately, Asian elephants have small ears and no tusks, so a special-effects man was called in to add "falsies" to their ears and affix fake tusks.

The creative folks and the production company next learned from the trainers that since elephants are very social animals, they must get acquainted with each other before they can work together. So the herd was taken off to a ranch in New Jersey to socialize for two days before the shoot. The production company called it "The Elephant Cocktail Party."

The commercial, filmed on a Sunday, went like clockwork. By Monday morning, the only hint on Wall Street that a herd of elephants had just charged through was dumpsters full of elephant dung.

Once we were filming a commercial for a new General Foods dog food, using Arlene Francis as the spokeswoman and a beautiful golden retriever as the eater. First, since the commercial implied that the dog belonged to Arlene Francis, the dog indeed had to become *her* dog. The creative team convinced Ms. Francis' household staff that having a golden retriever around the house would be a joy and a pleasure.

A specialist in golden retrievers warned that these dogs can be delicate. If the campaign succeeded and we wanted to film more commercials in the next two or three years showing the young retriever growing up and thriving on the dog food, we had better have three identical dogs as a fail-safe strategy.

Back to Ms. Francis' household staff to convince them of the joy of owning not one golden retriever, but three. Mission accomplished, we turned to filming. The high movement of the commercial was to occur when the star retriever stood on his hind legs to be petted by Francis, then dropped down to eat the food. The dog stood, but he wouldn't drop.

The trainer volunteered a solution. He would stand behind Francis where he couldn't be seen and hold one of the dog's paws. On cue, he would drop the dog's paw, and the dog would automatically go down on all fours. It worked, and the commercial was successfully completed, edited, and approved by the client, who watched it carefully on a Movieola. The day before it was to go on the air, the agency and the client gathered for a party and a showing of the commercial on a huge screen.

There stood Arlene Francis in an attractive gown. Her hand and her arm, reaching out so lovingly to the dog, were burly and covered with dark hair. Too late. We went on the air with the commercial, but nobody ever complained, not even Arlene Francis.

Another dog-loving celebrity who agreed to appear in a commercial for a different General Foods dog food was Doris Day, who owned nine or ten dogs and cared deeply about their well-being. Only two days before the commercial was to be filmed, Jack Silverman received a call from Ms. Day's secretary, informing him that the star would be unable to do the commercial after all.

Silverman was aghast. "Why not?" he asked. "What's the matter?"

The secretary said Day had been eating the dog food, and she did not like its taste.

"How do the dogs like it?" Silverman inquired.

It turned out that the dogs liked it just fine, and filming proceeded on schedule.

It wouldn't surprise me at all to have a client turn up needing TV commercials for anything from Crocodile Crayons to Cobra perfume. And somewhere there will be a creative team zany enough to come up with an idea, and a director crazy enough to film it.

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WHERE DO YOU THINK YOU ARE?

(Answers from page 108)

(Theme: Presidents' birthplaces)

1. Kentucky (Lincoln)	4. California (Nixon)	7. Georgia (Carter)
2. New York (F.D. Roosevelt)	5. Vermont (Coolidge)	8. Virginia (Wilson)
3. Texas (Eisenhower)	6. Illinois (Reagan)	9. Missouri (Truman)

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